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Work of a Practical Housewife

56-19

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FOREWORD

The object of this book is to provide the young housekeeper with a fundamental knowledge of cookery. To achieve this end, it is considered more useful to give foundation recipes with ideas for variation, rather than a number of recipes with different names, but basically the same.

Fifty-six sample dinners, with full cookery instructions, have been incorporated, half being suitable for a winter month, and the rest for warmer weather. These planned dinners are a great help to those who "cannot think what to have."

Various helpful hints are included, in the place where they should be used, instead of in a separate list; and as most women, at some time or other, are faced with the necessity of providing for a large number, some ideas are given for catering for a party.

Finally, good advice to all women is to READ their cookery books, and not just use them for one or two special recipes which take their fancy.

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3rd Edition

EDITED BY K. BALFOUR

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SUMMER MENUS

Sunday ——— *First Week*

Roast lamb, mint sauce, green peas, baked potatoes.

Baked custard, stewed apples.

Roast Lamb.—Use leg or forequarter of lamb, whichever is preferred. Sprinkle the baking dish well with flour, as this ensures nice brown gravy. Place meat in dish, spread with good dripping. Cook briskly in hot oven for the first 20 minutes, reducing the heat a little after that. A piece of grease-proof paper put over the meat when it first goes into the oven prevents the fat from spattering. Time required: 20 minutes for each pound, and 20 minutes over.

Gravy.—When cooked, lift the meat on to a dish, pour off the dripping, leaving the browned flour in the baking tin. Add one teaspoon salt, and a good half-pint boiling water. Stir well, and boil a few minutes. If a thicker gravy is required, put one tablespoon flour into the dish and stir till browned, and then add the water.

Mint Sauce.—Wash mint well, strip leaves from stalks. Chop finely. To one tablespoon chopped mint add one dessertspoon sugar. Mix well, and let stand for about an hour to extract the juice of the mint. Then add half a teacup of good vinegar. Serve in a little glass jug.

Peas require careful cooking. Place in very hot water, with one teaspoon salt, pinch of carb. soda, a sprig of mint, and half teaspoon sugar. If you think they are old, add one teaspoon vinegar. Boil gently 20 minutes. Strain well, place in a hot vegetable dish, add a small piece of butter, and shake gently to mix it through.

Potatoes.—Have potatoes as even in size as possible. Put in baking dish around the meat an hour before they are required. Turn and baste them two or three times.

Baked Custard.—Two eggs, good half-pint milk, one tablespoon sugar, flavoring. Beat eggs and sugar well, add milk and flavoring. Pour into a greased pie-dish, and put a few small pieces of butter on top. Grate nutmeg over. Stand in another dish of cold water, and cook slowly about half an hour. When firm it is ready.

Stewed Apples.—Peel, core and quarter two lb. apples. Place in saucepan with two tablespoons water and half cup of sugar. Put lid on tightly, and cook till they will pulp (half hour). A few cloves gives them a nice flavor.

Cold lamb, jellied beetroot, mashed or new potatoes.

Blancmange, with jam.

Lamb.—Cut the lamb in neat slices, and garnish with a little parsley.

Jellied Beetroot.—Boil beetroot in salted water for 1½ hours, till tender. Rub skin off, and cut in slices. Sprinkle a little sugar over, and cover with vinegar. When the juice is a nice color, strain it off, and to each cupful, take one dessertspoon granulated gelatine. Make the juice hot, and dissolve the gelatine. Line a mould or basin with slices of beetroot, chop up the remainder and put in centre. Pour the liquid over gently, and leave till quite set. Turn out, and garnish with thin shreds of lettuce and slices of tomato.

Potatoes.—Old potatoes go on in cold water. Add one teaspoon salt. Bring to boil and cook 20 minutes till soft. Strain the water off, and mash well, add a lump of butter the size of a walnut, beat well, and add gradually about half cup of milk, beating all the time. A good way is to boil the milk and butter together, and add that gradually to the potatoes. Care must be taken to prevent them being sloppy.

New Potatoes should be well scraped, placed in boiling water with one teaspoon salt and a sprig of mint. Cook for 20 minutes, when they should be tender. Lift out the mint, strain off the water thoroughly, add a small piece of butter and shake round gently. Keep very hot.

Blancmange with Jam.—One pint fresh milk, two tablespoons cornflour, two tablespoons sugar. Mix cornflour and sugar with a little cold milk. Bring remainder of the milk to the boil, and add to the cornflour, stirring slowly all the time. Return to the saucepan, and allow to cook over a mat for five minutes, being careful not to burn. Take off the fire, and add a small piece of butter, and a few drops of essence of lemon or vanilla. Pour into a wetted mould. When cold and set, turn out, and serve with raspberry or apricot jam.

Half teaspoon of good raspberry essence will color it pink and flavor it nicely as well.

Grilled steak, fried tomatoes, new potatoes.

Fruit salad with whipped cream.

Grilled Steak.—Choose a nice piece of fillet or rump steak, 1-1½ lbs. If using gas, have the griller hot. Smear the steak with a little butter or good dripping, place under the griller, turning when it is brown. Allow from eight to twelve minutes according to whether it is required underdone, or well done. Underdone is more nutritious. If grilled over the fire, have a nice clear fire, not too fierce, and turn frequently. Place on a hot dish, and rub a small piece of butter over. This should be served as soon as possible, and very hot.

Fried Tomatoes.—Cut tomatoes in halves, and place cut side uppermost in the pan with about one tablespoon good dripping. Sprinkle with salt and pepper. Put a cover over the pan, and cook gently for ten minutes, when they should be quite done. Be careful not to break them. Lift out with a slice and place around the steak.

New Potatoes.—Boil 20 minutes in boiling salted water, with a sprig of mint.

Fruit Salad.—Cut the pulp of a small pineapple into dice with a stainless knife, removing pits and core (if hard). Add two peaches, peeled and cut up; two apricots, one apple, grated; three bananas cut in thin slices, the juice of a lemon and two or three passionfruit. Sprinkle well with castor sugar, and stand about an hour. Cover with whipped cream, and decorate with cherries, strawberries, or pieces of apricot.

Whipped Cream.—Quarter pint cream, rinse the pot out with one dessertspoon milk and add to the cream. Drop in the white of an egg, and whisk together till quite stiff. Fold in two tablespoons castor or icing sugar, and add a few drops of vanilla if liked. The white of egg helps to make it stiff, make it go farther, and prevents the cream turning to butter.

If the salad can be served in individual dishes, make the cream into a pyramid shape, place thin strips of peach vertically at intervals all round, and crown with a cherry or strawberry.

Veal cutlets, green peas or marrow, mashed potatoes.

Jam turnovers, boiled custard.

Veal Cutlets.—Trim the cutlets, and dip first in flour, then in egg, and then in fine breadcrumbs. It is wise to do this some time before they are cooked. Be sure the fat is boiling, and place the cutlets in the pan gently. Cook slowly till well browned, then turn to the other side and brown. Drain well from fat, and serve on a hot dish round a mound of mashed potatoes. Garnish with slices of lemon, and a few sprigs of parsley.

Peas.—Cook as described on page 7.

Marrow.—Peel and cut into fair-sized pieces. Cook in boiling salted water. Test after ten minutes. When tender drain well, place in a hot dish and mask with a good sauce (page 11). If steamed, allow 20 minutes.

Potatoes.—Boil 20 minutes, and mash as described on page 8.

Jam Turnovers.—Sieve together half lb. plain flour, half teaspoon baking powder, quarter teaspoon salt. Then add six oz. butter (or butter and lard, or very good dripping), cut into small lumps like a nutmeg. Mix to a paste with half cup water and one egg yolk beaten slightly, and one teaspoon of lemon juice or vinegar. Turn on a floured board. Roll out, fold in four, sprinkle lightly with flour, roll into a long oblong, fold in three, roll again. For convenience it is better now to cut it in half and deal with each piece separately. Roll out to quarter inch thick. Cut out rounds with a saucer, place some fairly stiff jam in the centre, damp the edges with a little milk. Turn up one third of the round over the jam, then a second, now the third. This makes a three-cornered tart. Turn over, brush with milk, sprinkle with sugar, sprinkle again with milk, and bake in a hot oven ten minutes. When nicely browned, put in a cooler part of the oven for another ten minutes to finish cooking. This quantity makes twelve tarts.

Boiled Custard.—Half pint milk, two eggs, tablespoon sugar, essence. Beat eggs and sugar well. Boil milk. When boiling pour slowly on to the eggs and sugar, stirring all the while. Return to saucepan, and just bring to boil, or it will curdle. When you stop stirring and take the spoon out, if the custard is done it will appear to move backwards. Pour at once into a jug or basin, or stand the saucepan in cold water, as the heat of the saucepan might overcook it. Add a few drops of vanilla essence, and stir occasionally as it cools. This may be served from a jug, or preferably in custard cups, in which case grate a little nutmeg over each.

Stewed rabbit, French beans, boiled potatoes.

Macaroni custard, melted butter sauce.

Stewed Rabbit.—Wash the rabbit well in salted water. Rinse and drain. Cut into neat joints (legs, forelegs, and the back into four pieces). Place in a stewpan, cover with cold water, add one teaspoon salt, and a little pepper. Bring slowly to the boil, and simmer for 1½ hours, when it should be tender. An hour before dishing place a few onions on top of the rabbit. When cooked, drain off the liquor, which save. Add half pint of milk, bring to the boil again, and thicken with one tablespoon flour mixed to a smooth paste, with a little cold milk. Cook a few minutes longer, and then add a small piece of butter. Serve on a hot dish. If cooked in a casserole, that can be brought to the table.

French Beans.—Be careful to wash and string the beans well. Cut up nicely, and boil in plenty of salted water, with a pinch of carb. soda added—20 minutes. Some people prefer to omit the carb. soda, which is said to destroy vitamins. Drain well, place in hot dish with a lump of butter rubbed through them.

Potatoes.—Cook for 20-25 minutes in salted water. When tender drain and steam for a few minutes till quite dry. Put an old serviette in the vegetable dish, and wrap them up in it.

Macaroni Custard.—Take half cup macaroni. Boil till tender (20 minutes) in plenty of water, with a little salt added. Strain, and place in the bottom of a greased pie-dish. Take two eggs, one tablespoon sugar, beat well, and add a good half pint milk. Add a few drops of essence. Pour over the macaroni, grate a little nutmeg on top, and dot little pieces of butter over. Stand the pie-dish in a dish of cold water, and bake in a slow oven about half hour till the custard sets. If a larger pudding is required, cook a little more macaroni, and use three eggs to one pint of milk.

Melted Butter Sauce.—Melt one dessertspoon of butter in a saucepan, and blend in one large dessertspoon flour and half a teaspoon salt. When thoroughly blended, take off fire, and stir in gradually one cup of milk, mixing well. Return to fire, and stir constantly till it boils and is thick and smooth. If possible use a wooden spoon. Cook a few minutes, being careful not to burn.

White soup, boiled fish with parsley sauce, mashed potatoes.

Canary pudding.

White Soup.—Take the rabbit stock, probably about one pint. Add half pint milk, bring to the boil, thicken with one good teaspoon arrowroot mixed in a little cold milk. Cook for a few minutes. Add a little grated nutmeg, and a small piece of butter. Serve very hot with cubes of dry toast.

Boiled Fish.—Bream, salmon trout or schnapper are suitable fish for boiling.

Put sufficient water to cover the fish into a fish kettle or boiler. Add one dessertspoon salt and a little lemon juice or vinegar. When boiling put fish in gently, and when the water comes to the boil again, draw off the fire, or lower the gas, and just let it simmer. A small fish will take 10 minutes, a larger salmon trout 15-20 minutes. Test it with a skewer at the back of the neck. If you have no fish kettle, tie the fish in a piece of net or muslin kept for the purpose. This assists in lifting it out without breaking. Lift carefully from the water, drain well, and serve in a hot dish. Garnish with slices of lemon and sprigs of parsley.

Parsley Sauce.—Take half a cup of the liquor in which the fish was boiled, and half a cup of milk. Bring to the boil and pour on to a paste made with one good dessertspoon flour and a pinch of salt, mixed with a little cold milk. Stir well, return to saucepan, and stir till it boils and thickens. Add two tablespoons finely chopped parsley, and a small lump of butter. Pour over the fish, or serve separately.

Potatoes.—Mash the potatoes nicely, and serve hot. See page 8.

Canary Pudding.—Three oz. butter, three oz. sugar, six oz. self-raising flour, two eggs, half cup milk, juice and grated rind of a lemon. Cream butter and sugar, add well-beaten eggs, milk and lemon. Stir in the flour. Put in a buttered basin, and steam two hours. Serve with a sweet sauce.

Sauce.—Half pint of milk, one dessertspoon cornflour and one tablespoon sugar, and a little essence of lemon. Mix cornflour and sugar to a paste with a little cold milk. Bring the half pint of milk to the boil, and stir on to the paste. Return to the saucepan, and cook for a few minutes. Add essence and a small lump of butter.

Corned beef, carrots and turnips, potatoes.

Apple fritters.

(Alternative: Cold corned beef and salad.)

Corned Beef.—Allow 25 minutes for each pound of meat, and 25 minutes over. Place the meat in a saucepan with enough boiling water to cover it. Boil for five minutes, and then draw aside to simmer. A dessertspoon of vinegar added to the water makes the meat more tender. Serve on a hot dish and garnish with some of the vegetables.

Carrots and Turnips.—Scrape carrots, peel turnips. If very large cut in halves. Add to the meat an hour before serving. If liked, a few dumplings may be served with the meat. Take half cup grated suet, bare cup of plain flour, pinch of salt. Mix to a stiff dough with water, and form into small balls. These require half hour to cook in the saucepan with the beef.

Cabbage may be preferred. This is nice boiled in the liquor. Ladle some out, and cook the cabbage in a separate saucepan for convenience. Cook 15-20 minutes. When tender, drain well, and serve as hot as possible.

Potatoes.—Plain boiled, old or new. See page 8.

Cold Beef.—If preferred cold, the beef should be cooked the day before, with a few cloves and peppercorns added. Allow it to cool in the water. Remove, and press between two plates, with a weight on top.

Simple Salad.—Lettuce washed well, drained and cut up finely, a few spring onions, garnish with slices of tomato and hard-boiled egg, and serve with the following dressing: Mix together one teaspoon flour, one and a half mustard, four teaspoons sugar, half salt, one teaspoon butter and one egg; add half cup of milk, and half cup vinegar, stirring all the time. Stir over the fire till it gets thick, but be careful it does not curdle. Allow to get cold before use.

Apple Fritters.—Four oz. flour, pinch of salt, one egg and enough milk to make a thick batter. Put the flour and salt into a basin, make a "hole" in the centre, break in the egg, and mix the flour in gently from the middle, add the milk gradually till all the flour is in. Beat well till smooth. Allow to stand for an hour if possible.

Peel and core two apples. Cut in fairly thin rounds, four to an apple. Cover each piece well with batter, and fry in boiling fat till a light brown. Turn and brown the other side. Drain well on kitchen paper (or cheap blotting paper). Serve on a paper doyley, and dust with castor sugar. A squeeze of lemon is an improvement. Cut a lemon into quarters, put in a small dish, and hand round.

Roast beef, Yorkshire pudding, scalloped tomatoes, baked potatoes.

Jelly plum pudding.

Roast Beef.—Choose either a sirloin or rib of beef. If a leaner and cheaper joint is preferred, a "blade-bone" roast is very economical, there being neither bone nor fat. Flour the baking dish well, place meat in dish, and put some good dripping over it. Cover with a greased paper at first to prevent spattering. Have a nice hot oven, and cook briskly, lowering the heat a little after the first half hour. Allow 15 minutes for every pound, and 15 minutes over.

Potatoes.—Cook the potatoes in the baking dish around the meat for an hour, baste them well, and turn them, so that they brown all over.

Yorkshire Pudding.—Four oz. flour, half teaspoon salt, half pint milk, one egg. Sift flour and salt into basin. Make a "well" in the middle and break egg in. Work in the flour, and gradually add the milk till it becomes a nice thick batter, free from lumps. Allow to stand for half an hour before cooking, if possible. Pour off a large tablespoon of fat from the meat into a square cake tin, or pie-dish, pour in the batter, and bake rather slowly in a moderate oven for 30-45 minutes. Cut into convenient sized pieces, and serve in a hot dish.

Scalloped Tomatoes.—Scald two lb. tomatoes. Grease a pie-dish and sprinkle well with breadcrumbs. Skin tomatoes and slice them. Place in layers in the pie-dish with breadcrumbs in between. Sprinkle with salt, pepper, and a little vinegar. Make the final layer of breadcrumbs, and dot the top over with small pieces of butter. Bake till nicely browned, when the tomatoes should be cooked—about 30 minutes.

Jelly Plum Pudding.—One cup sugar, one cup raisins, half cup sultanas, quarter lb. chopped lemon peel and nuts, few drops vanilla essence, three dessertspoons powdered gelatine, three tablespoons cocoa, or one of good coffee essence, one and a half pints of milk, small pinch of salt. Place milk, cocoa, or coffee essence, and gelatine in a saucepan over the fire. Stir till dissolved, but do not boil. Add sugar and salt, and stir. Remove from the fire. When it begins to thicken, add essence, fruit and nuts. Turn into a mould rinsed with cold water. When set, turn out, and serve with whipped cream or custard. See pages 9 and 10.

Cold beef, cucumber, mashed potatoes.

Apple sponge, fruit surprise, or baked lemon pudding.

Cold Beef.—Arrange neat slices from the beef on a dish, and garnish with a little parsley.

Any remains of the beef may be used up, with the gravy also, in a hash, or rissoles for lunch or breakfast, or used for the family lunch sandwiches.

Cucumber.—Peel a cucumber and draw a fork smartly lengthwise over the surface. Then slice thinly. (The slices will have a "pinked out" appearance). Sprinkle a little salt over, and just before serving add some vinegar. Do not allow it to soak in the vinegar or it will become tough.

Mashed or New Potatoes.—(See page 8.) Some finely chopped parsley mixed among the mashed potatoes makes a welcome change.

Apple Sponge.—Peel and core two lb. apples. Cut into quarters. Stew with a little water and two tablespoons sugar till quite pulpy. Pour into a pie-dish to cool. Use a dish big enough to be about half full. Take seven oz. self-raising flour, two tablespoons sugar, two oz. butter, one egg, a good half cup of milk, and a little essence of lemon. Rub butter into flour, beat egg and sugar well together, add milk and essence, and stir into flour gradually. Pour the mixture as evenly as possible over the apple, and bake in a moderate oven from 30-40 minutes. Test with a skewer.

Fruit Surprise.—Put two lb. dark stewing plums in a pie-dish, sprinkle them with half cup of sugar, and pour over them the apple sponge mixture. Bake as directed.

Baked Lemon Pudding.—One small cup of sugar, one oz. of butter, two rounded tablespoons flour, juice and grated rind of a large lemon, one cup of milk, two eggs. Cream butter and sugar, add flour, lemon juice and rind, milk and well-beaten yolks of the eggs, and beat all together well. Beat the whites of the eggs stiffly, and fold lightly into the mixture, pour into a buttered pie-dish, stand in a dish of cold water in the oven and bake in a moderate oven for 30-35 minutes. Should be a fine sponge on top, with a lemon sauce underneath. Serve as soon as possible.

Grilled chops, French beans, mashed potatoes.

Banana custard.

Chops.—Trim the chops. Make gridiron hot, and grease the bars. Place the chops on the gridiron over a clear, smokeless fire, or under the gas griller. Turn frequently. Cook from eight to 10 minutes. They should brown well. Dish on a very hot dish, and put a small scrap of butter on each chop. If gas is used, heat the griller well before putting the chops under.

Mashed Potatoes.—Page 8.

French Beans.—Page 11.

Banana Custard.—Peel six nice bananas, and cut into rounds. Make one pint of custard with the yolks of three eggs, one tablespoon cornflour, and one tablespoon sugar. Mix well together, and pour on gradually one pint of boiling milk, stirring all the time. Return to saucepan, and stir gently for a few minutes till it just comes to the boil. Pour over the bananas and allow to cool. This will be a little thicker than ordinary custard.

Beat whites of eggs to a stiff froth, and add two tablespoons icing sugar. Put in rough heaps on the custard, and place in a very moderate oven to brown and set, or fold through custard.

N.B.—If eggs are expensive, one pint of custard made from custard powder is a good substitute, but of course the decorative top would have to be omitted.

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Lemon Butter (for tarts).—Two lemons, two yolks of eggs, five tablespoons sugar, four tablespoons cold water, one oz. butter, one dessertspoon arrowroot mixed with a little cold water. Squeeze the juice of the lemons and grate the rind. Add other ingredients, and cook over the fire until the mixture becomes thick and leaves the sides of the saucepan. Put this mixture in the pastry case, and cover with the stiffly beaten whites of the eggs, to which three dessertspoons castor sugar has been added. Make it look rough, and return to the oven until the egg is just tinted. If liked, decorate with a few raisins.

Veal pie, peas, new potatoes.

Pineapple snow.

Veal Pie.—Take 1½ lb. veal cutlets (without bone), cut thin. Make a seasoning of two tablespoons chopped parsley, four tablespoons fine breadcrumbs, and one tablespoon grated suet, a little salt, pepper, thyme, and a squeeze of lemon. Bind all together with a little milk. Put a few pieces of lean bacon round a pie-dish (bacon pieces will do for this). Cut the meat into long thin strips, spread with the seasoning, and roll up. Place the rolls neatly in the pie-dish, and add a small cup of water or stock for gravy. A hard-boiled egg cut up and put among the meat is an improvement.

Make flaky pastry as directed on page 10. Grease the edge of the pie-dish, and put a strip of pastry all round. Moisten the top of the strip with a little milk or water, and then put the top of the pie on, pressing the edges together, and pinching them into a fluted pattern. Pinch with the first finger and thumb of the left hand, and press with the first finger of the right hand. Use a pie funnel, and cut a hole in the pastry to allow it to come through. Decorate the top with leaves of pastry made from the trimmings. Brush over with milk or white of egg, and cook for 1½ hours, in a hot oven for the first 10 minutes on account of the pastry, then slowly for the remainder of the time to cook the meat.

This is very nice cold, with salad, on a hot day.

Peas.—Boil carefully as directed on page 7.

Potatoes.—New potatoes (page 8). Use sparingly with pie.

Pineapple Snow.—One pint of water, one pineapple, half cup sugar, two dessertspoons granulated gelatine, two eggs. Soak gelatine in half a cup of the water. Peel and cut pineapple into small cubes. Put into saucepan with remainder of the water. Add sugar, and simmer till fruit is soft. Add gelatine, and stir till dissolved. Pour into basin to become cold. Whisk whites of eggs to a stiff froth, and add. When pineapple is just beginning to jelly, beat until it resembles snow. Dish in rough heaps in a glass dish. Make a custard of three quarters of a pint of milk, the yolks of the eggs, a little sugar, and a dessertspoon of cornflour. If tinned pineapple is used, measure the syrup, and add enough water to make one pint, using half the quantity of sugar.

Tripe in batter, white onions and sauce, potatoes.

Ponsonby pudding, with sweet or golden sauce.

Tripe.—Have thick tripe, and cook till tender in salted water. This takes from two to three hours according to how much the butcher has already cooked it. Drain well, and save the liquor. Cut into neat square pieces, not too small. Make a batter of four oz. flour, pinch of salt. Make a hole in centre, break in an egg, stir in the flour from the sides, and add gradually about half cup of milk. Beat till all the lumps are out. Dip the pieces of tripe into the batter, and fry in hot fat till a golden brown. (When a faint blue smoke rises from the fat it is boiling.) Brown on both sides, drain on a piece of cooking paper, and serve very hot.

Onions.—Get some of the large silver-skin onions. Peel, and cook in boiling salted water for 20 minutes till tender. Strain most of the water off, then add half cup milk, a small piece of butter, and a little pepper. Mix one tablespoon flour to a smooth paste, pour the boiling milk on gradually, stirring all the time. Return to the saucepan and boil for a few minutes. Be careful not to break the onions.

Potatoes.—Plain boiled potatoes.

Ponsonby Pudding.—Six oz. flour, four oz. suet, two oz. sugar, two eggs, two tablespoons marmalade, a little milk, half teaspoon carb. soda. Mix flour and suet together. Beat eggs and sugar, add marmalade, pour on to the flour and suet, mix well, and lastly, add the soda, mixed with the milk. Steam in a well-buttered basin for two hours. Serve with white sauce.

White Sweet Sauce.—One cup milk, one dessertspoon flour, half teaspoon salt, one tablespoon sugar, a little essence, a small piece of butter. Mix flour, sugar and butter in a saucepan till free from lumps, add salt, stir in the milk by degrees, place over fire, and continue stirring until it boils. Cook a few minutes. This method makes a nice mellow sauce. If time is a consideration, mix the flour to a paste with a little cold milk, pour the boiling milk on gradually, stirring all the time. Return to the saucepan, boil up again, and cook for a few minutes. Add the butter and essence at the last.

Golden Sauce.—Half pint of water, one dessertspoon cornflour mixed to a paste with water, pinch of salt. Add boiling water and cook for a few moments. Stir in a small lump of butter, and two dessertspoons marmalade or golden syrup.

Friday —————— *Second Week*

Crecy soup.

Baked stuffed fish, mashed potatoes, baked marrow.

Custard tart.

Crecy Soup.—Take the tripe stock from Thursday, add enough water to make one quart. Cut up three large carrots and three onions fairly small. Boil till soft, strain through a sieve, pulping vegetables, add half pint of milk, and one tablespoon flour smoothly blended with a little cold milk. Stir till boiling. Season with salt and pepper.

Baked Fish.—Choose a nice salmon trout or bream. See that all the scales are off, and it is perfectly clean. Make a stuffing of one small cup of breadcrumbs, one tablespoon parsley, one tablespoon grated onion, a little lemon juice. Mix all together, and place inside the fish. Bind the fish together with pieces of tape or string. Roll in a buttered paper. Place in a baking dish, and bake in a good oven for 15-20 minutes, according to size of fish.

Potatoes.—Mash the potatoes nicely (page 8). Spread on a hot dish, and lay fish carefully on them. Garnish with slices of lemon and sprigs of parsley.

Baked Marrow.—Butter a pie-dish and sprinkle with breadcrumbs. Cut the marrow into neat pieces, and lay them in the dish. Sprinkle with finely grated onion, and salt and pepper, a few more breadcrumbs, and a little good dripping. Fill the dish, and make the last layer breadcrumbs; dot with small pieces of butter or dripping. Bake in a fairly good oven for 30-45 minutes.

Custard Tart.—Make a short crust, with half lb. flour, half teaspoon baking powder, quarter teaspoon salt, one yolk of egg slightly beaten with two tablespoons water, and one teaspoon lemon juice (or vinegar), five or six oz. shortening (butter, lard and dripping mixed, or all good dripping). Rub shortening into flour with the tips of the fingers. Mix to a dry paste with the liquid. Flour the board, and turn the pastry on to it. Knead slightly and roll out. Grease a fairly deep tin plate or sandwich tin. Put the pastry in this, and trim the edges neatly. The trimmings may be rolled out again, and an extra strip of pastry put all round the edge. If possible, put a few stale crusts in the middle on the pastry, to prevent it rising up in the middle, and prick it with a fork. Cook in a quick oven for 15 minutes till the pastry is risen and set. Remove the crusts and pour in the custard mixture. Bake carefully till the custard is set —about another 15 minutes. Shake gently, and if it is firm it is done. For the custard, take two eggs, one tablespoon sugar; beat well together, add a good half pint of milk, pour gently into tart, and grate nutmeg over the top. If preferred, individual tartlets may be made instead of one large one.

Galantine of beef, tomato salad, new potatoes.

Junket and stewed peaches.

Galantine of Beef.—To be eaten cold. Make the day before use. One lb. beef steak, six oz. fat bacon, six oz. breadcrumbs, two eggs, a little salt and pepper, quarter pint water or stock. Mince beef and bacon through the mincing machine, add a little salt and pepper, a little thyme and mixed herbs. Stir in the crumbs, and bind with the two eggs beaten with water. Make into a firm roll, and tie in a greased pudding cloth. Boil for two hours. Remove the cloth carefully, and press between two plates till cold. Then grate over with raspings of bread.

Raspings.—Dry all crusts and waste pieces of bread in the oven after the fire or the gas is out, till quite crisp; then roll with the rolling pin, or run through the mincer. Store in a clean, dry jar. These come in handy for cutlets, croquettes, fish, etc., if they are not made too brown.

Tomato Salad.—Choose some firm tomatoes, scald them to remove skins. Slice into a glass dish in alternate layers with cucumber. A little onion grated finely gives a nice flavor. Sprinkle with salt and pepper, and just before serving pour a little vinegar over. If liked, garnish with spring onions.

Potatoes.—Well wash and boil in their skins for a change. If the family objects to skinning them, this can be done quickly in the kitchen, placing them in a serviette in a hot vegetable dish.

Junket.—Make one pint of junket according to directions given on the bottle of tablets. Pour into individual dishes to set.

Peaches.—Peel and stone the peaches, cut in halves. Make a syrup of two oz. sugar to half pint of water. Boil for five minutes, add peaches carefully, bring to the boil again, and simmer gently for five minutes. Put the lid on tightly, and set aside to cool. They should be quite soft, without being mashed, by that time.

Canned or dried peaches may be used if preferred.

Dried Peaches.—Place half lb. dried peaches in a basin, sprinkle with half teaspoon carb. soda. Pour boiling water over, and stand for an hour. Pour the water off, and soak in clean, cold water for 24 hours. Pour the liquor off into a saucepan, and add one tablespoon sugar. Bring to the boil and pour over the peaches. Allow to cool. While the syrup is boiling, skin the peaches. The skins will come off quite easily. Half a peach may be placed gently on top of each dish of junket as a decoration, the remainder being brought to the table in a glass dish for a second helping.

Roast pork, apple sauce, French beans, new or mashed potatoes.

Siberian cream.

Roast Pork.—Choose about 3-4 lb. loin of pork, and get the butcher to score the rind finely, but not too deeply. Insert a knife under the skin, and cut a pocket in the fat between the skin and the meat for the seasoning. Season with the following: Two tablespoons finely chopped sage, four tablespoons grated onion, eight tablespoons finely grated fresh breadcrumbs (i.e., not baked and dried ones), quarter spoon salt, and a good sprinkle of pepper. Mix well together; the juice of the onion should be sufficient moisture to mix it with. Spread over the joint in the pocket made for it, and tie up with string to keep in place while baking. Flour the baking dish as usual, place the meat in, and spread well with good dripping. Cover with a greased paper for the first half hour. Pork requires to be well cooked, quickly at first, and then steadily, allowing 30 minutes to the pound. A piece of loin four lb. would require two hours, but care must be taken not to dry it up. Baste frequently, and if getting too brown, place a paper over the top. The "crackling" should be brown and crisp, not leathery. Remove string before serving.

Apple Sauce.—Take one lb. cooking apples, as tart as possible. Peel, core and quarter. Put in a saucepan with a dessertspoon water and two tablespoons sugar. Boil till pulpy, then add a small piece of butter, and half nutmeg grated. Serve hot.

French Beans.—Boil 20 minutes in boiling salted water, with a pinch of carbonate soda.

New Potatoes.—Put in boiling salted water, add a sprig of mint. Cook 20 minutes.

Gravy.—Make the gravy as directed on page 7. If the baking dish (not the meat) is floured, there is no trouble about getting the gravy brown.

Siberian Cream.—One quart of fresh milk, four dessertspoons granulated gelatine, four dessertspoons sugar, three eggs, a little vanilla essence. Soak gelatine in a little of the milk. Put rest on to boil. Then pour boiling milk over soaked gelatine. Beat yolks of eggs and sugar together, and add to the milk. Put on the fire until it curdles, or just comes to the boil. Remove from fire. When cool, add quarter teaspoon vanilla essence, and stir in the stiffly beaten whites of three eggs. May be set in a mould rinsed out with cold water, or poured into a glass dish to set, and be served from that. For half the quantity, use two eggs.

Any stewed fruit is a nice addition, but not necessary.

Cold pork, cold apple sauce, lettuce and tomato, mashed potatoes.

Baked cottage pudding.

Cold Pork.—Cut in slices. Endeavor to keep the crackling and seasoning in position.

Lettuce and Tomato.—Wash the lettuce thoroughly. If a lettuce has become limp, it improves wonderfully to stand it stalk downwards in salted water for a while. This does not make the leaves sodden. Drain all the water off. Use a few of the larger leaves to make a bed for the salad. Skin tomatoes, and slice finely, placing them on the bed of lettuce. Sprinkle with a little salt and pepper. Shred the rest of the lettuce finely, and pile on the tomatoes, leaving a border of red showing all round. Any cold beans left from Sunday could be added. The following dressing may be poured over or served separately:

Dressing.—Take the hard-boiled yolk of an egg, rub smooth with the back of a spoon, work in thoroughly one small teaspoon sugar, one saltspoon salt, and the same of pepper and dry mustard. Stir in one tablespoon of good vinegar, then add, drop by drop, two or three tablespoons olive oil, beating well, preferably with a wooden spoon, till the sauce thickens. It can be made more decorative by stirring in the stiffly whipped white of egg at the last moment, but if eggs are dear, this may be left out. If oil is not liked, use three tablespoons oiled butter.

Potatoes.—Mash potatoes according to directions given. See page 8.

Baked Cottage Pudding.—Two and a half oz. butter, three oz. sugar, six oz. self-raising flour, two small eggs, or one big one, three tablespoons sultanas (washed and dried), half cup of milk with a few drops of essence of lemon. Cream butter and sugar, add eggs, then milk, lastly flour and sultanas. Place in a greased piedish and bake from 30-45 minutes in a moderate oven. Test with a skewer. Serve with sweet white sauce (page 18).

The following sauce is a change: Half pint boiling water, one dessertspoon cornflour mixed with a little cold water. Add the boiling water, one dessertspoon sugar, and a pinch of salt, and cook for a few minutes. Take off the fire and stir in a small knob of butter and a teaspoon of good raspberry essence.

Haricot chops, broad beans, potatoes.

Cherry tart.

Haricot Chops.—Take one and a half lb. lean forequarter chops. Trim fat off, and flour well. Fry to a nice brown. Drain on cooking paper. Place in a stew-pan. Peel a good sized onion, cut into dice, fry a light brown and add to chops. Scrape two small carrots and slice them finely. Put them on top of the meat and onion. Pour most of the fat out of the pan, shake on one tablespoon flour, one good teaspoon salt, and a little pepper. Stir till it browns, then pour on hot water, and stir till it boils. Pour this gravy over the meat, etc., bring to the boil, and simmer for 1½ hours. If any fat comes to the top, skim it off. May be done in a casserole in the oven, in which case allow a little longer for cooking.

Broad Beans.—Shell them and cook in boiling salted water for 20 minutes. If they are young, take the pods, wash them, cut strings and ends away, slice up finely, and boil as you would French beans. Serve as a separate vegetable. When the beans are small, this makes one lb. go twice as far as it otherwise would. As the beans get older and larger, the pods are too tough to use in this manner.

Potatoes.—Plain boiled.

Cherry Tart.—Make a short crust as follows: Half lb. plain flour, half teaspoon baking powder (or replace one tablespoon of plain flour with one of self-raising flour), quarter teaspoon salt, five or six oz. shortening, half butter and half dripping, or if dripping is very good, use all dripping. Rub shortening into flour, then mix to a stiff dough with about half cup of water, to which one teaspoon lemon juice or vinegar has been added. Turn on to a floured board, and knead a very little. Grease a tin soup plate or shallow pie-dish. Line with the paste. Trim the edges, and press between the fingers to get a fluted appearance. Brush over with a little milk, and place some stale crusts in the bottom of the dish to prevent the pastry coming up in the middle too much. Bake in a hot oven for the first 10 minutes, then reduce the heat and cook another 20 minutes. Roll out the trimmings, cut them into strips. Twist them like barley sugar sticks, lay on a greased tin, and bake.

Take one lb. dark cherries, wash and stone them. Make a syrup of half pint of water and two tablespoons sugar. Put in the cherries, and simmer a few minutes till soft, but not broken. Thicken with one dessertspoon arrowroot moistened with cold water. Cook a few minutes longer, and when cool put into the pastry case and decorate with the pastry "sticks." This is nice either warm or cold, and may be served with custard or cream. If cherries are "out," use lemon butter (page 16).

Lamb cutlets, peas, mashed potatoes, tomato and rice.

Chocolate pudding, mock cream.

Cutlets.—Dip the cutlets first in flour, to which a pinch of salt and pepper has been added, then in beaten egg, and lastly in fine breadcrumbs. Allow to set a while before cooking, if possible. Good results are obtained by making a thick paste of flour and milk (like cream). Dip the cutlets in this, and then in breadcrumbs, and let them stand a little while before cooking. Have the fat boiling, and fry slowly till a golden brown on each side.

Potatoes.—Mash as directed (page 8). Pile in a pyramid in the centre of dish, and stand the cutlets all round with the bones pointing up. These should be finished off with paper ruffles, but it is not necessary. Decorate with a few slices of lemon with a sprig of parsley in the centre of them.

Peas.—Boil as directed 20 minutes, with salt, carb. soda, sprig of mint, etc. See page 7.

Tomato and Rice.—Take one and a half lb. tomatoes. Scald and skin them. Put in a saucepan with one dessertspoon salt, and simmer gently in their own juice for quarter hour. Boil half cup of rice in slightly salted water for quarter hour, strain and add the rice to the tomatoes to finish cooking, another quarter hour. Be careful not to burn. If the rice has not absorbed all the juice of the tomatoes, the mixture may be thickened with a little flour or cornflour, mixed with water. Add a small piece of butter at the last.

Chocolate Pudding.—Cream two oz. butter with three oz. sugar, add two eggs, beat well, add half cup of milk and a few drops of vanilla essence. Stir in six oz. self-raising flour, through which has been sieved one tablespoon good cocoa (dry) and a pinch of salt. Steam in a well-greased basin for 1½-2 hours, and serve with a sweet sauce, flavored with vanilla.

(Sauce on page 18) or the following:

Mock Cream.—Make half cup of cornflour, with half cup of milk and one good dessertspoon cornflour. Allow to set and become cold. Cream two oz. butter and one oz. castor sugar till it is quite creamy, add the cold cornflour by degrees, and beat well so there will be no lumps. Flavor with vanilla. This is a nice change from the usual hot sauce.

Rabbit pie, marrow with sauce, new potatoes.

Lemon sago.

Rabbit Pie.—Wash the rabbit well and cut into neat joints. Wipe them dry with a cloth. Some people prefer to soak the rabbit in salted water for about half an hour. Cut a rasher of lean bacon into small pieces, and place among the rabbit in a deep pie-dish. Sprinkle over it one teaspoon finely chopped parsley, one good teaspoon salt, sprinkle of pepper, and a little thyme. A hard-boiled egg cut in slices and distributed among the meat is an improvement, but not necessary. Have a pie funnel in the centre to allow the gases to escape. Fill to the edge of the dish with water.

Make a plain short crust with eight oz. flour, six oz. good beef dripping. Rub the dripping into the flour, and mix with a little water with one teaspoon vinegar in it and a good pinch of salt. Turn on to a floured board, and roll out. Grease the edge of pie-dish, cover with a strip of the pastry, dampen this with water or milk, and put on the crust. Trim the edges, and ornament by making depressions with a fork, alternately long and short, all round the edge, to make a border. Use the trimmings to make leaves, etc., to decorate the top of the pie, taking care not to cover up the opening of the pie funnel which forms a good centre for a "rose." All pies should have a funnel, as this allows the steam and gases to escape, rendering it more wholesome. Place the pie in a good hot oven, and cook smartly for quarter hour till pastry is risen and looks set. Lower the gas, or move to a cooler part of the oven, and cook for one and a half to two hours longer just gently.

Marrow.—Peel and cut into neat pieces. Boil or steam as described on page 10. Serve with a thick white sauce (page 11).

New Potatoes.—These should be eaten sparingly with pie.

Lemon Sago.—Boil one cup of sago in four cups of water till quite clear, with two tablespoons sugar, and the grated rind and juice of two lemons. Add two tablespoons golden syrup or honey. Stir all well together, and when thoroughly mixed, pour into a wetted mould to set. This is nice served with custard or cream.

Tomato soup.

Fish in aspic.

Dutch pancakes.

Crême of Tomato Soup.—Wash two lb. tomatoes, and cut them up, put in a saucepan with half a pint of water and a teaspoon of salt, and boil till tender. Pass through a sieve or strainer to remove skins. While still very hot, add one teaspoon carb. soda, and stir well. As this makes it effervesce, be sure to have plenty of room in the saucepan. Boil half a pint of milk, and thicken it with one dessertspoon of arrowroot mixed in a little cold milk. Cook a few minutes. Now stir the hot tomato puree gently into this, and boil up again, simmering for a few minutes. After removing from the fire, add a small knob of butter, and pepper to taste, or a tablespoon of hot tomato sauce. Serve very hot, and have cubes of crisp toast to go with it.

Fish in Aspic.—Choose a small salmon trout, bream, or, better still, schnapper. Cook in boiling salted water 10-15 minutes till tender, but not broken. When cool, insert a knife down the back. Lift out the top half of fish without breaking it, remove the long backbone, and as many others as possible. Make the fish appear whole again, and lay in a deep oval pie-dish. Now take one pint of the water the fish was boiled in, a good pinch of mixed herbs, the rind and juice of one lemon, one dessertspoon vinegar, two or three cloves, six peppercorns, two good dessertspoons gelatine, and the whites and shells of two eggs. (Reserve the yolks for the pudding.) Crush the egg shells, and beat the whites slightly. Add to the other ingredients. Whisk over the fire till it comes to a boil, and then simmer gently 20 minutes. Have a clean cloth (calico jelly bag). Pour boiling water through and throw away. Now strain the jelly and colour pale amber with a few drops of yolkine. Pour over the fish and allow to set. Turn out on a bed of lettuce, and garnish with slices of cucumber and tomato. Mashed potatoes if liked.

Dutch Pancakes.—Cut some stale bread into neat slices, trimming off the crusts. Beat the yolks of eggs well. (If these have been used with the salad dressing, use one egg), add three quarters cup of milk. Pour this over the pieces of bread (six to eight three-inch squares). Fry quickly in boiling fat until nicely brown on each side. Drain and place a spoonful of raspberry or other jam on the centre of each. Half a stewed peach or apricot may be substituted for the jam.

Fried liver and bacon, cabbage, or white onions with sauce, mashed potatoes.

Asparagus.

Bread and butter pudding.

Fried Liver and Bacon.—Get a lamb's liver, wash well and cut across into pieces half inch thick. Remove skin, soak for half an hour in sufficient milk to just cover the pieces, then drain milk off, and roll pieces in flour which has been seasoned with salt and pepper. Fry gently in boiling fat, browning it well, six minutes on one side, then turn, and give it five minutes on the other. Place in a deep dish or casserole, and make a gravy in the frying-pan. Pour this over the liver, and let stay in the oven for 30 minutes if possible. Rind the bacon, and fry in its own fat. Place on top of the liver.

Cabbage.—Remove all thick stalks, and wash thoroughly. Cook in boiling salted water for 15-20 minutes. Strain through a colander, pressing the water out well with a saucer. A small piece of crust or charcoal placed on top of the cabbage when boiling absorbs all the unpleasant odors, and can be easily lifted off before straining.

Mashed Potatoes.—See page 8.

White Onions with Sauce.—See page 18.

Asparagus.—Wash gently and scrape the thick end of the stems, being careful not to break the heads. Tie into small bundles, put in to boiling salted water, and boil 20 minutes. Have a slice of dry toast in the dish, untie the bundles gently, and lay the asparagus on the toast, which will absorb any undue moisture. Serve with oiled butter as a separate course.

Bread and Butter Pudding.—Cut two slices of bread and butter into smaller pieces, removing the crusts. Beat two eggs with one tablespoon sugar, then add a good half pint of milk. Place the bread in a small pie-dish and pour the eggs and milk over. Grate nutmeg over the top. Stand in a dish of cold water, and bake in a moderate oven till set, about 30 minutes. Some currants or sultanas may be sprinkled among the pieces of bread if liked.

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To Test a Custard.—Insert a knife. If it comes from the custard clean, then it is done; if milky, cook a little longer; if watery, you have over-cooked it. If cooked at sides, but shaky in the centre, its own heat and that of the water in which it stands will be sufficient to finish it.

Roast veal, pickled pork, green peas, new or mashed potatoes.

Peaches in jelly.

Roast Veal.—Get a small fillet of veal with the bone removed. Make seasoning as follows: One cup breadcrumbs, two tablespoons chopped parsley, juice of half a lemon and a little grated rind, one teaspoon thyme, two tablespoons grated suet, half teaspoon salt, and a good sprinkle of pepper. Mix well, and bind with an egg well beaten. Put this into the hole where the bone was, tie up firmly. Put a piece of buttered paper over the joint, and put in a well-floured dish. Cover with good dripping and cook in a hot oven, reducing the heat after the first half hour. Baste well, and half hour before dishing remove the paper and allow the joint to brown on top. Allow 25 minutes for each pound, and 25 minutes over. Veal requires to be well done.

Gravy.—Boil the bone in about one pint of water, and make the gravy with this stock.

Gravy (Old English recipe for veal).—Take half pint milk and half pint stock (or water). Bring to the boil and thicken with one good tablespoon flour mixed to a paste, with milk and one teaspoon salt. Pour the boiling milk on to the paste, and stir well. This is a better method than pouring the paste into the boiling milk, which often causes lumps. Lift the meat from the baking dish, and pour off all the fat, leaving the browned flour at the bottom. Now pour on the milk and water sauce, and stir vigorously till it is a good brown. Taste to see if it is salt enough.

Green Peas.—Cook carefully as directed (page 7).

Potatoes.—New or mashed, as preferred.

Pickled Pork.—It is usual to have pickled pork or boiled bacon with veal. Place the pork skin downwards in warm water, and bring slowly to the boil. Simmer gently. A three-lb. piece would take 1½ hours from the time it starts to simmer. When tender, lift out, and peel the skin off. After dinner place the pork remaining between two plates, and press it. When quite cold, remove the top plate, and cover with raspings.

If it is not convenient to have pork or boiled bacon, serve a few rashers of bacon nicely fried as a garnish round the veal.

Peaches in Jelly.—Take two lb. large peaches. Peel and stone them. Make a syrup of four oz. sugar to one pint of water. Stew the peaches till tender. Take two dessertspoons granulated gelatine, and dissolve in a little of the syrup. Add to the remainder, and pour into a glass dish or mould to set. Serve with whipped cream or custard. Canned peaches may be used, in which case make the syrup up to one pint by adding a little water, and only put one tablespoon sugar with it.

Cold veal, jellied tomatoes, saute potatoes.

Milk sago and prunes.

Cold Veal.—Place slices of veal in the centre of the dish, and slices of the cold pork all round.

Jellied Tomatoes.—Two lb. tomatoes, scald and skin them. Cut up one onion finely, place in a saucepan with one tablespoon water and one tablespoon vinegar, add salt and pepper to taste, and simmer gently until cooked. Strain through a colander, and to each cup of this puree allow one dessertspoon granulated gelatine. Dissolve the gelatine in a little water, and add to the tomato. Pour into a glass dish to set, and garnish with lettuce and chopped egg. It may be poured off into small moulds. When set, turn each one out on to a lettuce leaf, and place a slice of hard-boiled egg on top, or a slice of hard-boiled egg may be placed at the bottom of each mould before filling them up.

Saute Potatoes.—Boil new potatoes till tender, strain, and steam a few minutes. Then put into the saucepan one dessertspoon butter, one dessertspoon chopped parsley, and a sprinkle of pepper. Shake over the fire for a few minutes until the butter and parsley are well distributed.

Milk Sago.—Place half cup sago and two tablespoons sugar in a pie-dish. Pour over it one good pint of milk, and add a few small pieces of butter, and a little essence. Stand for half an hour if possible, and then bake in a moderate oven for one hour. If inconvenient to use the oven, this may be cooked in a saucepan. Put the lid on and cook very slowly on the simmering gas, or right at the side of the stove. The slower it cooks, the nicer it is.

Prunes.—Wash the prunes well, and soak them in cold water for twelve hours. Place in a pan with fresh water, and simmer for 20 minutes. Add a little sugar for the last five minutes, so that the syrup does not become too thick. If a thick syrup is preferred, add the sugar and cook for 20 minutes.

Stewed steak, baked tomatoes, potatoes.

Banbury tarts or apple shortbread.

Stewed Steak.—Cut the steak into nice sized pieces for serving. Roll in flour, place in a stewpan, sprinkle with a little more flour, one teaspoon salt, and a little pepper. Add a finely chopped onion, and a little parsley. Barely cover with cold water, and bring slowly to the boil. Draw aside or lower the gas, and allow to simmer gently for 1½-2 hours.

Baked Tomatoes.—Cut tomatoes in half, place cut side uppermost in a pie-dish or small baking dish. Sprinkle with salt and pepper, top with fine breadcrumbs, and put a few dots of butter over. Cook in a moderate oven for about half an hour.

Potatoes.—Plain boiled (page 11).

Banbury Tarts.—Make a flaky pastry with half lb. flour, half teaspoon baking powder, quarter teaspoon salt, five or six oz. shortening (butter, or butter and lard, or butter and dripping). Cut the shortening into rough lumps, and mix with the flour, etc. Moisten with one yolk of egg beaten with quarter cup of cold water and one teaspoon vinegar. Turn on to a floured board. Flour the rolling pin, and roll out as well as possible. Fold into four, sprinkle with flour, and roll out again, fold into three, and roll again. Cut in half for convenience in handling. Roll out fairly thick, and cut with a pastry cutter about two inches in diameter into rounds.

Mix together one tablespoon each currants, raisins and sultanas, quarter piece of candied peel, cut fine. Blend with one tablespoon marmalade or stewed apple.

Place some of this mixture on the centre of half the rounds of pastry. Moisten the edges, and place the tops on. Roll out a little, and brush the tops with the white of the egg. Bake in a hot oven for the first five minutes. Lower the gas, or remove to a cooler part of the oven, and cook for 15 minutes longer.

Apple Shortbread.—Make a paste with six oz. self-raising flour, two oz. plain flour, two oz. sugar, quarter lb. butter, one egg beaten with one tablespoon water. Rub the butter into the flour and sugar. Mix to a light dough with the liquid. Take a little more than half and roll out. Grease a tin plate, or small sandwich tin is better. Line it with the paste and spread with cool stewed apples. Roll out the remainder as near the size as possible, and put on top. Press edges together. Brush over with a little milk, sprinkle with granulated sugar, then sprinkle with more milk. Bake in a moderate oven 25-30 minutes. Three fair-sized apples, peeled, cored, and stewed with two oz. sugar, one tablespoon water, and two or three cloves. May be served with custard or cream.

Toad in the hole, crême of carrots, potatoes.

Apricots and ground rice shape, or passion fruit souffle.

Toad in the Hole.—Take 1½ lb. forequarter chops or sausages. If chops, trim the fat off. Place in a pie-dish with two tablespoons hot fat, and pour over them the following batter: Half pint of milk, quarter lb. flour, quarter teaspoon salt, one egg. Put flour into a basin, make a hole in the centre, break in the egg, and work a little flour in from the sides. Add the milk gradually, beating well till all the lumps are out. Cook gently in a moderate oven for one hour.

Crême of Carrots.—Scrape the carrots and cut them into dice, not too small. Cook in boiling salted water for one hour, or longer if not tender. Strain off nearly all the water, add half cup milk, bring to the boil, and thicken with one dessertspoon flour mixed to a paste with a little cold milk. Bring to the boil, cook a few minutes, and add a small piece of butter and one dessertspoon chopped parsley.

Potatoes.—New (page 8).

Apricots and Ground Rice Shape.—Take two lb. apricots, as large as possible. Halve and stone them. Make a syrup of four oz. sugar and one pint of water. Boil for five minutes. Put in the apricots, and cook gently for five minutes. Cover tightly and set aside to cool. They should be quite soft, without being broken. A pinch of carb. soda will take off a good deal of the acidity.

Ground Rice.—To one pint of milk, allow two tablespoons ground rice and two tablespoons sugar. Mix the rice and sugar with a little cold milk. Bring the pint of milk to the boil, and stir on gradually. Return to the saucepan, and cook for five minutes over a mat, being careful not to burn. Take off, add a small lump of butter and a little essence, and pour into a wetted mould to set.

Passion Fruit Souffle.—One doz. passion fruit, one quart water, half cup sugar, three tablespoons arrowroot, two eggs. Scoop out passion fruit. Put fruit and water on to boil for a while, adding a couple of the shells to strengthen the flavor. Mix the sugar and arrowroot with a little cold water. Strain the boiling mixture, and stir on to the arrowroot. Return to saucepan, and boil for 8-10 minutes. Turn into a bowl and allow to cool. When nearly set, add the well-beaten whites of the eggs. Beat in thoroughly, and put into moulds to set. Serve with a custard made from the yolks of the eggs, one dessertspoon arrowroot, and one pint of milk, one tablespoon of sugar. Mix arrowroot, yolks of eggs and sugar, pour on the boiling milk, stirring well, cook one minute.

Ox kidney stewed, spinach, mashed potatoes.

Black cap pudding, or Apple Ferguson.

Ox Kidney.—One ox kidney, one teaspoon chopped parsley, half teaspoon mustard, one onion, one oz. butter or dripping, one tablespoon flour. Wash the kidney, removing skin and core. Cut up not too small. Fry in the fat with the onion till brown, add the flour, mustard and parsley, and fry for two or three minutes till the whole becomes dark brown. Pour on half pint of water, and stir till it boils; add one teaspoon salt and one tablespoon good tomato sauce. Cook gently for two hours. If the kidney is not sufficient, half lb. lean steak, cut up the same size as the kidney, may be added. The whole operation may be done in the stewpan. If preferred, fry in the frying pan, and remove to a saucepan to stew.

Marrow.—Baked, as directed on page 19.

Mashed Potatoes.—Page 8.

Spinach.—Pick leaves from stalks and wash well. Put in a saucepan with a large teaspoon salt and half cup of boiling water. Boil 20-25 minutes. Drain in colander, pressing out the water with a saucer. Chop with the edge of the saucer, add a little butter and pepper, and beat well. Some like a squeeze of lemon juice.

Black Cap Pudding.—One large cup self-raising flour, one small cup sugar, two oz. butter, one egg, half cup milk. Line a greased basin with dark jam, blackberry or dark plum. Rub butter, flour and sugar together, beat egg with milk, and mix well. Put in the basin, cover with a greased paper, and steam for two hours. A little of the jam mixed with an equal quantity of boiling water makes a good sauce.

Apple Ferguson.—Two oz. butter, three cups breadcrumbs, three large apples (unpeeled and grated), one cup sultanas, one cup sugar, juice and grated rind of one lemon; half nutmeg grated, three eggs beaten with a large teaspoon of carb. soda. Rub butter into breadcrumbs, add sugar, apples, sultanas, nutmeg and lemon; lastly, add eggs well beaten with the soda. Mix well, put in a buttered basin and steam for three hours. Serve with whipped cream, or hard sauce (page 34).

Soup Maigre.

Fish fried in crumbs, chipped potatoes.

Macaroni cheese.

Soup Maigre.—One and a half pints water, one turnip, one carrot, one piece of celery (or celery salt), three potatoes, one dessertspoon flour, half pint of milk, one teaspoon salt. Wash the vegetables and cut them up fairly small. Melt one tablespoon good beef dripping, drop in the vegetables. Make them quite hot, but do not brown. Add water, and simmer for an hour till tender. Rub through a sieve or colander. Return to saucepan and add the milk. Blend the flour with a little cold water. Add to the soup, and stir till it thickens. Simmer for five minutes. Serve with croutons of fried bread.

Croutons.—Cut stale bread into small pieces and fry to a golden brown in boiling fat. Drain on cooking paper.

Fish in Crumbs.—Have whiting or mullet filleted. Dip the fish in flour, then in egg, and lastly in crumbs. See that the fat is boiling. Fry in deep fat till a golden brown on both sides. Drain on paper, and garnish with slices of lemon and sprigs of parsley.

Chip Potatoes.—Peel the potatoes and cut into thin strips. A cutter is sold for the purpose. Boil in salted water for ten minutes. Strain well, and finish cooking in boiling fat. They should be a golden brown. A frying basket is a great help when doing these.

Macaroni Cheese.—Boil one small cup of macaroni in salted water for 20-30 minutes till quite tender. Strain the water off. Add one pint of milk. Bring to the boil, and thicken with one large tablespoon flour, mixed to a paste with a little cold milk. Butter a pie-dish. Put in a layer of macaroni and sauce, then a layer of grated cheese, and so on, to the top of the dish, making macaroni the last layer. Cover the macaroni with a thick layer of bread-crumbs, dot the top with pieces of butter, and place in a hot oven to brown, but be careful not to burn. A little mixed mustard may be added to the sauce if liked hot, and a good sprinkling of pepper.

Baked steak, French beans or silver beet, new potatoes.

Rice custard, hard sauce. 1 cup water for s/c

Baked Steak.—Take one lb. rump steak, rub well on both sides with one teaspoon mustard and one teaspoon sugar. Lay flat in a pie-dish and sprinkle with a little salt, and about one teaspoon flour. Slice one or two onions and put on top. Then pour over it the following: One tablespoon tomato sauce, one tablespoon Worcestershire sauce, and one tablespoon vinegar. Cover closely with another dish, and bake in a moderate oven for one hour. This is a great change from a grill, and has a beautiful gravy. If you have a casserole use that. If you use stewing steak, cook for two hours.

French or Broad Beans.—Cook as directed. See pages 11 and 23.

Silver Beet is rarely nice unless it is home grown. Allow plenty as it boils down. Cut the green part from the stalks, which save, wash thoroughly, and place in a saucepan, with a very little hot water, and one good teaspoon salt. Cook till tender, about 20 minutes. Strain well through a colander. Press all water out, and add a small lump of butter and a dash of pepper.

New Potatoes.—Page 8.

Rice Custard.—Boil two tablespoons rice in salted water for 20 minutes. Strain and put in a pie-dish. Make a custard of two eggs, one tablespoon sugar, and a good half pint of milk. Beat eggs well with sugar, add milk and any flavoring desired. Pour over the rice. Grate nutmeg over the top, and put a few dots of butter. Bake in a moderate oven about half hour till set and firm, standing the pie-dish in another dish of cold water.

N.B.—If the pie-dishes are greased with a very little butter when making milk puddings, it improves them wonderfully, and enables them to slip out easily when serving.

Hard Sauce.—Beat quarter lb. butter to a cream, gradually add one cup of icing sugar, and when white and light, add the unbeaten white of an egg. Beat for five minutes. Grate over with a little nutmeg, and put in a cool place for about three hours to harden.

WINTER MENUS

Sunday — *First Week*

Roast beef, Yorkshire pudding, baked parsnips or pumpkin, or white part of silver beet, baked potatoes.

Apple snow.

Roast Beef.—Place the beef in a floured baking dish, and cook as described on page 14.

Yorkshire Pudding.—Page 14.

Baked Parsnips.—Scrape parsnips, and cut in half. Then cut the top half in two lengthwise, making three pieces of each. Place round the meat one hour before dishing. Turn and baste them two or three times.

Baked Pumpkin.—Peel the pumpkin, and cut in thick slices. Bake for one hour, turning and basting whilst cooking.

Baked Potatoes.—Place round the meat one hour before serving. Turn and baste well.

Silver Beet.—This is obtainable towards the end of the winter. Use the green for Saturday's dinner. Take the white celery-like stalks, scrub clean, and cut into two-inch lengths. Stew gently in a very little water with one teaspoon salt, for one hour, till tender. Strain most of the water off, add half cup of milk, and thicken with one dessertspoon flour and a pinch of salt, mixed to a paste with a little cold milk. Bring to the boil, cook a few minutes, and add a small lump of butter and a little pepper and celery salt.

Apple Snow.—Stew two lb. apples, two tablespoons sugar and two tablespoons water till pulpy. Beat the whites of two eggs to a stiff froth. Add to the apples when cool. Make a custard from the yolks of two eggs, one dessertspoon cornflour, and one tablespoon sugar. Mix well together, and stir on gradually one pint boiling milk, add small pinch of salt. Cook a few minutes, stirring all the time. Serve each separately, or make a "floating island" for each person, by piling some of the apple mixture in individual dishes, and carefully pouring some custard round each.

Roast beef, cold or warmed in gravy, boiled celery, potatoes.

Sago plum pudding.

Roast Beef.—If cold, arrange neatly on dish, garnish with parsley.

Sliced in Gravy.—Take the gravy left from Sunday, and bring to the boil. Place some slices of beef in a pie-dish and pour the boiling gravy over. Keep hot in the oven for ten minutes, but do not let it cook, as that coddles the meat. Roast meat heated like this is practically as nice as the day it is cooked.

Celery.—Take a good head of celery, wash it well, and cut into pieces about two inches long. Stew in a very little water with one teaspoon salt for 1½ hours. Strain off most of the water, and add half cup of milk, making about one cup of liquid. Bring to the boil, and thicken with one good dessertspoon flour, mixed to a paste with a little milk. Boil a few minutes, and add a small piece of butter. If sauce is not liked, lift out the celery on to a slice of dry toast, and serve with oiled butter, like asparagus.

Potatoes.—May be served plain or mashed.

Sago Plum Pudding.—Soak half cup sago in a cup of milk overnight. Then mix one cup of breadcrumbs, one cup raisins, half cup sugar, quarter teaspoon carb. soda, two tablespoons butter (melted). Add to the soaked sago, and if not moist through, add a little more milk. Mix well, and put into a buttered basin, and steam three hours. Serve with white sauce (page 18).

Torchy.—A very nice and unusual plum pudding is made as follows: One cup grated carrot, one cup plain flour, one cup breadcrumbs, one cup grated suet, one cup raisins, half cup sultanas, half cup currants, one teaspoon salt. Mix these ingredients thoroughly together, and when well blended, add half cup of boiling milk, with one teaspoon carb. soda, dissolved in it. Put in a buttered basin and steam three hours. The carrot takes the place of sugar and eggs, and the pudding has a very good flavor. Serve with white sauce or custard.

Irish stew, carrots (if liked), or Dutch stew.

Baked raisin roll.

Irish Stew.—Take two lb. lean forequarter chops, trim off all fat, place in the bottom of a stewpan, and cover with a layer of onions, peeled, and cut roughly. (Some people prefer to scald them, and throw the water away. This prevents them being quite so strong in flavor.) Next put in a good supply of mealy potatoes. Scatter over all one large teaspoon salt, and a good sprinkle of pepper, and pour over half cup of water. Put on a low gas, and bring gently to the boil, then just let it simmer for 1½-2 hours, according to the potatoes. The heat will make the water come from the onions and potatoes, which may be pressed down into the gravy towards the end of the cooking. Many people spoil an Irish stew by having it watery and greasy. But this can be avoided. Take care not to burn.

Carrots.—It is not usual to serve anything else with Irish stew, but carrots would be suitable, and are sometimes used. Scrape, and boil them in salted water for one hour.

Dutch Stew.—Half to three-quarters of an hour before serving, place some tender young cabbage, well washed, on top of the stew, put the lid on firmly, and cook in the steam.

Baked Raisin Roll.—Take one and a half cups plain flour, one teaspoon cream tartar, half teaspoon carb. soda. Mix together with a pinch of salt and one oz. butter rubbed in. Take enough milk to make a soft dough, and roll out on a floured board to about half inch thick. Spread with a thin layer of sliced up apple, and a thick layer of raisins. Roll up, moistening the edges together with a little water. Lay in a pie-dish or cake tin, leaving plenty of room round it, and pour over the following mixture: three quarters of a cup sugar and two oz. butter, dissolved in one cup very hot water. Bake in a moderate oven for one hour, occasionally basting. Be careful the syrup does not all dry up, as it makes a nice sauce to serve round the roll. This looks small when made, but swells to about twice the original size.

For a change, use sliced bananas instead of apples.

Steak and kidney pie, cauliflower, potatoes.

Baked rice and stewed rhubarb.

Steak and Kidney Pie.—Take one and a half lb. good stewing steak and half an ox kidney, or two sheep's kidneys. Wash and skin the kidney, and cut up small. Trim the fat off the steak, and cut into small pieces. Mix one tablespoon flour, one teaspoon salt, one teaspoon chopped parsley, and half teaspoon pepper thoroughly through the meat, and put in a fairly deep pie-dish round a pie funnel. Fill to the top with water, and cover with a short crust as described on page 25. Cook in a hot oven at first to raise and set the pastry, then cook slowly and gently, two hours in all. The meat should be tender and the gravy nice and thick if properly cooked.

Cauliflower.—Take off the outside leaves, but leave the small ones curling round the cauliflower. Soak in salt and water for a while to remove all insects, and rinse thoroughly. Cook for 20-25 minutes in boiling salted water, stalk downwards. Test with a skewer at 20 minutes. Make half pint of thick white sauce (page 11), and pour over the cauliflower. It greatly assists in dishing a cauliflower if it is tied in a piece of net or an old serviette. It can then be lifted from the saucepan instead of being turned out, which often breaks it.

If preferred, break cauliflower into sprigs before cooking. When cooked, strain off water, and add one cup of milk, thicken with one large dessertspoon of flour and half teaspoon salt mixed to a smooth paste with a little cold milk. When milk in the saucepan is nearly boiling, stir it on to the mixed flour, return all to the saucepan, and stir or shake till it thickens. Cook a few minutes, then add a small knob of butter.

Potatoes.—Be sparing with potatoes when there is pie.

Baked Rice.—Wash half cup of rice and place in a pie-dish with two tablespoons sugar. Pour over it one pint of milk, add a few drops of essence of lemon, and a few pieces of butter. Bake slowly for one hour, or very slowly for two hours. If the milk gets soaked up, pour on some more. It does not want to be too dry, but must not be sloppy, so take care when adding more milk.

Stewed Rhubarb.—Wash the rhubarb, or wipe on a damp cloth. Cut into pieces about an inch long. Put half cup of sugar over one bunch of cut-up rhubarb, and let it stand for an hour or so if possible, to extract the juice. It may then be cooked in its own juice till tender. Stew ten minutes. If time is an object, put two tablespoons of water to commence the cooking.

Boiled mutton, parsley sauce, carrots, turnips, onions, potatoes.

Golden pudding (two recipes).

Boiled Mutton.—Take 3-4 lb. of shoulder of mutton. Place fat side down in a large saucepan, or small boiler with enough boiling water to cover it. Add one dessertspoon salt, and boil for five minutes. Draw aside, or lower the gas, and simmer gently for two hours. Serve with parsley sauce. If a larger piece or a leg is required, allow 25 minutes for each pound, and 25 minutes over.

Parsley Sauce.—Put one cup of liquor from the meat, and one cup of milk in a saucepan. Bring to the boil and thicken with one tablespoon flour mixed to a paste with milk. Add half teaspoon salt, and two tablespoons chopped parsley. Pour some of this over the meat on the dish, and put the rest in the sauce boat.

Carrots, Turnips, Onions.—Peel the vegetables, cut the carrots and turnips in half, and put them with the onions in the boiler with the meat one hour before required. Put some of each round the meat as a garnish. Serve the rest in a vegetable dish.

Potatoes.—Plain boiled potatoes.

Golden Pudding (Steamed).—Four oz. flour, two oz. breadcrumbs, two oz. light brown sugar, four oz. suet, two tablespoons marmalade, one egg, and half cup of milk, with half teaspoon carb. soda in it. Mix the dry ingredients and moisten with the egg and marmalade. Add the milk and soda last, and steam in a buttered basin two and a half hours.

Sauce.—Half pint water, one dessertspoon arrowroot, pinch of salt and two tablespoons marmalade or golden syrup. Mix the arrowroot in a little cold water, add the boiling water, stirring well, and cook for a few minutes. Stir in the marmalade or golden syrup, and add a small piece of butter at the last.

Golden Pudding (Baked).—Soak half cup desiccated coconut in two cups milk for at least one hour, then add one cup fine breadcrumbs and two tablespoons sugar. Cook in a double saucepan for 15 minutes. (If you place the basin on top of a saucepan not quite so large round as the basin is, it makes a very good double boiler. Put the water in the saucepan, and the lid on the basin.) Add a few drops of essence of lemon, a little grated rind, and two well-beaten egg yolks. Put in a buttered pie-dish, lay slices of orange (peeled) on top. Sprinkle with sugar. Cover with the stiffly beaten whites of eggs, and brown in a moderate oven. Bake about half hour slowly.

Mutton broth.

Fish in batter, mashed potatoes.

Jam roly-poly.

Mutton Broth.—Take the liquor yesterday's mutton was boiled in, add the remains of the meat, if any, and two tablespoons washed barley, and boil slowly for two hours. If there are any carrots and turnips left over, cut them into dice and add, also any parsley sauce. If not, cut up some fresh carrots, turnip, and onion, and a little celery if you can get it. Put these in with the barley and boil well, adding a little chopped parsley at the last. Two tablespoons oatmeal sprinkled in when it comes to the boil will thicken it nicely, but, if liked, may be thickened with a little flour, mixed to a paste with water. Boil up again for a few minutes after adding the flour.

Fish in Batter.—Filleted whiting, mullet or flathead. Murray cod cutlets are a nice change. Sprinkle a little salt over the fish, and make a batter of four oz. flour, a pinch of salt, one egg, and a little milk. Make a well in the flour, break in the egg, stir the flour in towards the middle, and gradually add the milk, beating all lumps out. Let it stand a little before use. Have plenty of fat in the pan, smoking hot, dip the fish in the batter and fry to a golden brown on both sides. Lift out, and drain on cooking paper. Serve on a paper doyley, and garnish with slices of lemon and sprigs of parsley.

Potatoes.—Mash the potatoes.

Jam Roly-Poly.—Take eight oz. flour, six oz. chopped or grated suet. Rub together, and make into a light dough with one small cup of water and one teaspoon salt dissolved in it. Turn on to a floured board, and roll out about half an inch thick. Spread with gooseberry or other jam. Roll up, and moisten the edges with a little water to stick them together. Wring a cloth out of cold water, and tie the pudding in it. Place an old saucer in the bottom of the boiler, and put the roll in plenty of boiling water, and boil one and a half hours. If the water boils away, keep adding more boiling water. It should boil fast. It is much more simple to wring the cloth out of cold water, and just as effective as the old way of putting it in boiling water and flouring it. The cold water way also obviates the risk of scalding.

Ox tail, stewed with carrots, cabbage, potatoes.

Stewed pears and baked vermicelli, or bashful bananas.

Ox Tail.—Take each joint (the butcher will joint it) and rub in flour. Fry a nice brown, and drain on kitchen paper. Cut an onion up small, and fry that also, being careful to strain off all fat. Place in a stewpan, and cover with a good layer of sliced carrots. Make some gravy in the pan, and pour over the contents of the stewpan. Bring to a boil, and then gently simmer for four hours, skimming off any fat that may come to the top. If the gravy is not thick enough, thicken with a little flour mixed to a paste with cold water.

Cabbage.—Boil carefully, and drain well (page 27).

Potatoes.—When nearly cooked, strain off nearly all the water. Place an old serviette on top of the potatoes, and steam on the back of the stove for ten minutes. This will make them white and floury.

Stewed Pears.—Get some large winter pears. Peel and cut them in halves, but do not core them. Just cover with water, and add a little sugar, and stew very slowly two hours or more, to obtain a nice deep color. The addition of a little candied peel is an improvement.

Vermicelli, Baked.—Put some vermicelli in the bottom of a buttered pie-dish, sprinkle some sugar over, and add one pint of milk and a few dots of butter. Soak for a little while, and then bake slowly for one hour.

Bashful Bananas.—Use flaky pastry cut into rounds about three inches in diameter. Cut bananas in half across, split, and join with apricot jam. Jam them on the outside and roll in castor sugar. Place one half prepared banana on each round, squeeze a little lemon juice over, and moisten the edges of the pastry with a little milk. Beginning at opposite sides, bring the pastry up around the bananas, making the join right across the top from side to side as in a Cornish pasty. Pinch the edges together prettily. Brush over with milk, sprinkle with sugar, then moisten with milk again, and bake in a hot oven for the first five minutes, finishing off with a lower heat for another 15 minutes, being careful not to burn them.

Roast pork, apple sauce, cauliflower, mashed potatoes.

Orange sponge custard or pirate's delight.

Roast Pork.—Make a sage and onion seasoning as directed (page 21), and roast the pork carefully, making plenty of good gravy. Save any left over.

Apple Sauce.—See page 21.

Cauliflower.—Soak in salt and water to remove insects. Rinse thoroughly, and boil in plenty of salted water 20-25 minutes. Serve with a good white sauce (page 11).

Mashed Potatoes.—Do this carefully, and serve hot. Some people like the potatoes baked with pork. This is not really correct, as the pork is rich in itself, and requires toning down. However, if preferred baked, place them round the meat in the baking dish an hour before serving.

Orange Sponge Custard.—Take four sponge cakes, and cut them into fingers. Lay them in the bottom of a glass dish. Peel and cut up three large oranges. Place on top of the cake, and allow the juice to soak in. Make a custard from one pint of milk, the yolks of two eggs, and one dessertspoon cornflour, one tablespoon sugar. Mix yolks of eggs, cornflour and sugar together, and pour on them the boiling milk, slowly, stirring all the time. Cook for a few minutes, allow to cool, and then pour over the oranges. Beat the whites of the eggs to a stiff froth, and add two tablespoons castor sugar. Pile roughly on top of the custard. May be decorated with a few orange-colored jelly crystals.

Pirate's Delight.—The juice of one large orange and one small lemon (to make a cupful), one cup of sugar, one cup of water, one heaped dessertspoon of gelatine, one dessertspoon of plain flour. Mix flour and gelatine together with a little water, add to the other ingredients, and boil all together for ten minutes, stirring occasionally. Beat in a basin till white and stiff. Finely chopped pineapple, passion fruit, or bananas, may be mixed through if liked.

Curried pork, rice.

Apple pie.

Curried Pork.—Cut the remaining pork into chops. Flour lightly and fry a nice brown. Place in a stewpan, and add an onion chopped and fried, two dessertspoons good curry powder, one tablespoon of the apple sauce (if left over), or one small apple chopped and fried. Pour over this the gravy, and if not sufficient to cover, add a little water. Bring to the boil, and stew gently for one hour. If required, thicken with a little flour mixed with water. Lift the chops on to a hot dish, and pour the gravy all round.

Rice (for curry).—Boil one cup of rice in plenty of boiling salted water for 15 minutes. Then drain, and pour cold water through the rice in the colander. Now place the colander over a saucepan of boiling water, and steam till every grain is soft and separate (20 minutes). Dip a small cup in hot water to moisten it, fill with the rice, and press down well, and turn out, making small mounds of rice all round the curry.

N.B.—It is not usual to serve potatoes or other vegetables with curry.

Apple Pie.—Peel, core and quarter two lb. apples. Stew till soft with two tablespoons sugar, and two tablespoons water. Put in a pie-dish and allow to cool. N.B.—If you are sure the apples are quick cookers, they may be put in the pie-dish in quarters, care being taken to cover the sugar so that it does not come in contact with the paste.

Make a flaky pastry with half lb. flour, six oz. shortening, half teaspoon baking powder, quarter teaspoon salt. Cut the shortening up in small lumps, rub it in the flour, and mix with the yolk of egg and a little water and one teaspoon lemon juice or vinegar. Proceed as directed on page 10. If eggs are scarce, use water only—about three quarters of a cup, with a teaspoon lemon juice or vinegar in it. Brush over the top with the white of egg, or milk. Put in a hot oven for the first ten minutes, to raise and set the pastry, then lower the gas, or remove to a cooler part of the oven for another 20 minutes, to finish cooking. May be served with custard or cream.

Beef steak pudding, cabbage, potatoes.

Tapioca and prunes, or stewed quinces.

Beef Steak Pudding.—Make a suet crust with eight oz. flour and six oz. grated suet. Mix to a dough with one cup of water with one teaspoon salt dissolved in it. Cut the paste in half, and roll out one piece into a strip to line the top half of a greased basin, letting it come well over the edge. Now cut one and half lb. stewing steak and half ox kidney (washed and skinned) into small pieces. Scatter over the meat one tablespoon flour, one teaspoon salt, a good sprinkle of pepper, and one teaspoon chopped parsley. Put in the basin, and fill up nearly to the top with water. Roll the remaining paste into a round to fit the top of the basin. Dampen the edges and put on, turning the lining up over the top. Lay a greased paper on, and over that tie a cloth wrung out of cold water. Be sure the string is tied firmly under the rim of the basin. Stand the basin in a large saucepan of boiling water, but do not let the water reach up more than two-thirds of the side of the basin. Boil like this for 3½ to 4 hours, adding more boiling water from time to time as that in the saucepan boils away. Serve in the basin with a clean serviette pinned round, or a proper knitted basin cover.

Cabbage.—Boil as directed on page 27, and serve very hot.

Potatoes should be used very sparingly with pudding.

Tapioca.—Soak half cup of tapioca overnight in a little water. Boil in one and quarter pints of milk till quite clear. Add one egg well beaten with two tablespoons sugar, a little essence of vanilla, and a small piece of butter. Serve warm.

Prunes.—See page 29.

Stewed Quinces.—Peel quinces, and cut in fairly large sections, but do not remove core. Stew gently, allowing two tablespoons of sugar to each pint of water. May be cooked in a casserole in the oven. The longer and slower the cooking, the deeper the color.

Ragout of rabbit, Turk's cap, potatoes.

Pancakes.

Ragout of Rabbit.—Wash the rabbit well, and soak in salt and water for a little while. Cut into neat joints wipe dry with a cloth, and roll in flour. Fry in boiling fat a nice brown, drain free from fat, and place in stewpan, add one medium-sized onion, chopped and fried, one teaspoon salt, quarter pepper, half teaspoon mixed herbs. Make a gravy in the pan, and pour over the rabbit. Bring to the boil, and stew gently one and a half hours. Serve small pieces of crisply fried bacon round the rabbit. May be cooked in casserole in a moderate oven.

Turk's Cap.—Choose a nice dry Turk's cap, cut into neat pieces, and cook in boiling salted water for 15 minutes. Strain well, and mash with a little butter and pepper.

N.B.—If the skin is very hard to peel off, boil with the skin on. The inside will come away quite easily when it is cooked.

A nice way to cook Turk's cap or pumpkin is in the oven. Place a little butter in the bottom of a fireproof dish or pie-dish, put in the prepared vegetable, sprinkle with salt and pepper and cook for about three-quarters of an hour. Or it may be steamed over the potatoes.

Potatoes.—Boil carefully, and serve hot and floury.

Pancakes.—Quarter lb. flour, pinch of salt, one egg, and half pint milk. Put flour in a basin, and make a well in the centre. Break in the egg, and begin to work the flour in from the sides. Add half the milk gradually, and work in all the flour, beating till there are no lumps. Then add the rest of the milk slowly. Stir till smooth, and set aside for half an hour if possible. Have a small frying pan, and drop in a small piece of butter or clarified fat, just enough to grease the pan. Make very hot, and pour in enough of the batter to cover the bottom. They should be very thin. When the bottom is cooked and brown, turn and brown the other side, sprinkle with sugar and roll up. Serve on a paper doyley, placing the pancakes criss-cross in a pile. Cut a lemon in quarters, and put in a small dish to be handed round.

As a change, spread the pancakes thinly with apricot jam, and roll up.

Sheep's trotters or stewed sausages, with parsley sauce, Brussels sprouts, potatoes.

Marble pudding.

Sheep's Trotters.—Buy six trotters, and wash them well. Put on in cold water with one dessertspoon salt and an onion. Bring to the boil, and boil gently for two hours. Strain off the liquid, which save, and add one pint of milk. Bring to the boil again, and make a sauce with one tablespoon flour mixed to a paste with a little cold milk. Cook a few minutes longer, and add a small lump of butter and two tablespoons finely chopped parsley. If onion sauce is preferred, add six small onions to the trotters one hour before making the sauce, and proceed in the same way, breaking up the onions as you stir.

Stewed Sausages.—This is a change from frying them. Put the sausages in hot water with a little salt, and bring to the boil. Simmer gently for 1-1½ hours. Then pour most of the liquor away, and add milk, making sauce as above.

Brussels Sprouts.—Trim the ends and outside leaves from the sprouts, and soak in salt and water for a while to get rid of any insects. Rinse thoroughly, and put in boiling water, with one teaspoon salt and a pinch of carb. soda. Boil 15 minutes, when they should be tender, but not broken. Strain through a colander, press the water out gently with a saucer, and place on a piece of dry toast in the vegetable dish. (This absorbs any undue moisture, but may be dispensed with.)

Potatoes.—Mashed potatoes are nice with either of these dishes.

Marble Pudding.—Cream three oz. butter and three oz. castor sugar. Add two eggs, one at a time, beating well; half cup of milk, with half teaspoon vanilla in it. Stir in six oz. flour mixed with half teaspoon baking powder (or six oz. self-raising flour) and a pinch of salt. Divide into three portions; color one with one dessertspoon cocoa (dissolved in a very little boiling water beforehand), another with a few drops of cochineal, and leave the last. Put these different portions in alternate spoonfuls in a greased basin, and steam for one and a half hours. Serve with custard or sweet sauce (page 18). When the pudding is cooked, it has a unique marbled effect, and never fails to please.

Clear soup, or pea soup.

Fish balls, with spaghetti and tomatoes.

Dried peach Betty.

Clear Soup.—Add to the stock of the trotters, which should be in a firm jelly, enough water to make one quart. Slice in thin strips half carrot, half turnip, and one piece of celery. Boil in the stock till tender—30-45 minutes. Thicken with one big teaspoon arrowroot mixed to a paste with a little cold water. Boil a few minutes longer. If liked dark brown add one teaspoon or cube of beef extract, or color with a little caramel.

Pea Soup.—Get some bones for soup. Place in a saucepan with two quarts of water, one dessert-spoon salt, one large cup of split peas, an onion cut up fine, and some scraps or rinds of bacon. If it is possible to get a ham bone, use this, omitting the salt. Boil for three hours. Rub through a sieve, and bring to the boil again. If not thick enough, thicken with a little flour, mixed to a paste with cold water. Serve with croutons of fried bread, and sprinkle with a little finely chopped mint.

N.B.—Mint can be dried in the summer, finely powdered, and stored in small bottles. Screw-top tablet bottles are good.

Fish Balls.—Boil a small salmon trout for ten minutes in salted water. Break into small pieces, discarding skin and bones. Mix with an equal quantity of mashed potato, sprinkle with pepper, and bind with an egg. Make into flat, round cakes, and dip in dried breadcrumbs. Let set a while before frying to a golden brown in boiling fat. Drain and serve round the spaghetti and tomato.

Spaghetti and Tomato.—Boil half cup of spaghetti in salted water for ten minutes. Strain and add to the contents of one tin of tomatoes. Boil this for another ten minutes, or until the spaghetti is quite tender. Thicken with one dessertspoon arrowroot mixed with water; one dessertspoon of grated cheese is liked by some. Place in the centre of a hot dish, and put the fish balls round it.

Dried Peach Betty.—Take half lb. dried peaches, sprinkle a salt-spoon carb. soda over them, and cover with boiling water. Pour this off, cover with cold water, and soak 24 hours. The skins will then readily come off. Take a greased piedish, sprinkle it with fresh breadcrumbs, then a layer of peaches sprinkled with sugar, more breadcrumbs, more peaches, till the dish is full, making the last layer breadcrumbs. Dot with small pieces of butter, and bake in a moderate oven 30 minutes.

Stewed tripe with onions, cabbage, potatoes.

Spotted Dick.

Stewed Tripe.—Get one and a half lb. thick seamy tripe, wash, and cut in neat pieces, not too small. Cover with water, and add one dessertspoon salt; boil gently for two hours. After one hour place six peeled onions on top of the tripe. When cooked, pour off most of the liquor, and add one cup of milk. Bring to the boil, and thicken with one tablespoon flour mixed to a paste with a little cold milk. Add a small piece of butter just before serving on a hot dish.

Mock Oyster Soup.—The liquor of tripe makes an excellent white soup as follows: To one pint of liquor add half pint milk, bring to the boil, and thicken with one dessertspoon of arrowroot mixed in a little cold milk. Boil a few minutes, then add a small piece of butter and one teaspoon anchovy sauce.

Cabbage.—Cook as described (page 27).

Potatoes.—Plain boiled.

Spotted Dick.—Eight oz. flour, six oz. shredded suet, one cup cleaned currants, one teaspoon salt. Mix together, and moisten with one egg, well beaten, and half cup of milk, with a few drops of essence of lemon. If eggs are dear, omit the egg, and mix with one cup of milk instead. Tie in a cloth wrung out of cold water. Put in plenty of boiling water, and boil quickly for one and a half to two hours.

Serve with a sweet sauce, flavored with a little nutmeg and essence of lemon.

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Caramel (for browning soups, gravies, etc.).—Put two tablespoons sugar and two teaspoons water in an old saucepan, put on the fire and let it get dark brown. Do not stir it. Add half cup of water and boil till all the sugar is dissolved, and it is a thick dark syrup. When cool, pour into a bottle, cork, and use as required. A little goes a long way.

Notes on Artichokes (page 49).—Artichokes when home grown and freshly dug take about half an hour to cook. If you scrub them, and cook in their skins till nearly done, it is quite easy to skin them then. Return to saucepan, and make sauce as directed.

Roast mutton, onion bread pudding, boiled artichokes, baked potatoes.

Baked apples and boiled custard.

Roast Mutton.—Choose a small leg of mutton. Cut off the very bottom of the knuckle where no meat is, and boil it in a small saucepan to make the gravy later on. Place the meat in a well-floured baking dish, and allow 20 minutes per pound, and 20 minutes over. Spread the meat with good dripping, and place a paper over to prevent spattering till the fat is melted. Cook in a hot oven for the first fifteen minutes, after that cook steadily.

Onion Bread Pudding (Savory).—Boil two good-sized onions till soft, and chop finely. Mix with one cup breadcrumbs, one tablespoon chopped sage, a little salt and pepper. Put in a greased piedish, and cover with one egg well beaten, with one cup of milk. Stir round, put a few dots of butter on top, and bake till set and brown—30 minutes.

Artichokes.—Scrape two lb. artichokes, and boil in salted water for one hour. Strain off the water, and add one cup of milk, and thicken with a good dessertspoon flour mixed to a paste with a little cold milk; add a knob of butter, and serve very hot. If the artichokes are strained, and a sauce made and poured over them, there is always the chance that some water may be left in the artichokes, and gather in the bottom of the dish. By making the sauce in their own saucepan, this is obviated. (See note on previous page.)

Baked Potatoes.—Place in the baking dish one hour before required. Baste well, and turn, to brown on both sides.

Baked Apples.—Wipe some large apples. Core them, taking care not to let the corer go right through. This makes a hole, into which put a small piece of butter and one teaspoon sugar. Moisten the sugar with a few drops of water. Place the apples in a tin dish, and bake in a moderate oven for one hour till soft through. Test with a skewer, as some apples cook easier than others. An incision made horizontally round the apple will prevent the skins bursting during cooking. They may be peeled, if preferred, but they are more wholesome cooked in their skins. Serve with boiled custard (page 10) or cream. A marshmallow placed on top of each apple about five minutes before taking them from oven adds a special touch.

Cold roast mutton or hot pot, Swede turnips.

Mutton a la maitre d'hotel.

Dried apricot and raisin tart.

Cold Roast Mutton.—Cut in neat slices, and arrange on the dish.

Mutton a la Maitre d'Hotel.—2 oz. butter or clarified fat, 1 dessertspoon parsley chopped fine, pepper and salt to taste, 1 dessertspoon of lemon juice, 1 gill of gravy (saved from the day before), two tablespoons of breadcrumbs.

Cut meat in thin slices. Work fat into a cream with a wooden spoon, add parsley and seasoning, and then the lemon juice by degrees. Spread a little of this mixture on each slice of meat, and arrange in a greased pie-dish. Pour the gravy over, and put breadcrumbs on the top. Bake till light brown.

Hot Pot.—Take the cold mutton and cut into slices. Place a layer in the bottom of a stewpan, now a layer of cut-up onion, then a layer of potato, sliced. Sprinkle with a little salt and pepper. Continue like this till you have enough meat and potatoes in, making the last layer potatoes. If there is any gravy left, pour it over, but if not add one cup of water and one dessertspoon tomato sauce. Put on the fire, and when it begins to cook, let it simmer gently for one and a half hours.

Swede Turnips.—Peel the turnips, and cut in half. Boil in salted water for one hour. Strain well, and mash with a lump of butter, and a dash of pepper.

Potatoes will not be required with the hot pot. If you use the meat cold, serve some nice mashed potatoes, with one or two tablespoons finely chopped parsley mixed through them.

Dried Apricot and Raisin Tart.—Soak half lb. dried apricots in cold water for twelve hours. Pour this water off, and just cover with fresh water and two tablespoons of sugar. Add half cup of stoned raisins. Stew till tender. Make a short crust, and proceed as directed on page 19. May be served with custard or cream, but not essential.

Beef olives, cabbage or silver beet, potatoes.

Coconut custard.

Beef Olives.—Take one and a half lb. stewing steak cut into thin slices about two inches wide. Mix together one dessertspoon sage, two dessertspoons grated onion, and four dessertspoons breadcrumbs, and a little salt and pepper. Spread this on the slices of meat, and roll them up, securing them with pieces of thin string, or threading them on a skewer. Dip in flour, and fry brown on both sides. Place in a stewpan. Pour off the fat in the frying-pan, sprinkle with a little flour and salt, let it brown, and make some gravy. Strain and pour over the olives. Stew gently for one and a half hours skimming off any fat that may rise. Lift out the olives, remove the string or the skewers. Place on the centre of a hot dish, and pour the gravy round.

Cabbage.—Boil as directed, page 27.

Silver Beet (green portion).—Cut the stalks and large veins from the silver beet, and wash the leaves well. Place in a saucepan with a very little water, and one teaspoon salt. Boil till tender (15 minutes). Then strain through a colander, pressing the water out well. Cut across, and add a small lump of butter and a squeeze of lemon juice.

Potatoes.—Mashed.

Coconut Custard.—Two oz. flour, two oz. coconut, two oz. sugar, two eggs, one pint of milk, one tablespoon butter, grated rind of a lemon, one dessertspoon castor sugar. Make milk and butter hot in a saucepan, blend flour with a little cold milk, and stir in till boiling. Cook two or three minutes. Remove from the fire, allow to cool slightly. Add sugar, coconut, lemon rind, and beaten yolk of egg. Pour into a greased pie-dish, and bake in a moderate oven till set. Beat white of egg to a stiff froth, fold in castor sugar, and spread on top of custard. Brown lightly in oven.

Fried sausages, cauliflower, mashed potatoes.

Boiled apple pudding.

Fried Sausages.—Prick the sausages, and roll them in flour. Have plenty of fat in the pan, and add the sausages when it is melted. Fry slowly, till nice and brown on each side—10-15 minutes. Putting them into boiling fat causes the skin to burst. The heat should be applied gradually. Serve with tomato sauce.

Cauliflower.—Boil 20-25 minutes in boiling salted water (page 38). Serve with nice thick sauce.

Mashed Potatoes.—Mash potatoes and pile in centre of dish. Put sausages all round.

Boiled Apple Pudding.—Make a suet crust with eight oz. flour and six oz. suet, grated. Mix to a soft dough with one cup of cold water which has one teaspoon salt dissolved in it. Take half the paste, roll out to a thin strip, and line the top half of a greased pudding basin. Peel two lb. good cooking apples, and slice them roughly (you can get more in that way.) Fill the basin right up, sprinkling two tablespoons of sugar among the apples, also a few cloves. Add a very little water. Roll out the remainder of the paste to fit the top of the basin. Wet the edges of the paste on the basin, and put top on. Lay a greased paper over, and tie up with a cloth wrung out of cold water. Tie the cloth tightly round the rim of the basin. Stand in a large saucepan of boiling water. Let the water reach two-thirds up the side of the basin, and boil 2½-3 hours, filling the saucepan up with boiling water now and again, but taking care not to let the water reach the top of the basin. Tie a serviette round the basin, and send to the table on a dish with a doyley on it.

A nice change is to fill the basin with one lb. apples, half lb. prunes (soaked) and a few sliced bananas. Dissolve three tablespoons sugar in a small cup of boiling water, squeeze in the juice of one lemon, and pour over. Put the top on, and boil in the usual way.

Fricasse of sheep's heads, carrots, parsnips, etc., potatoes.

Sponge jelly.

Sheep's Heads.—Get two sheep's heads or lambs' heads, soak them well in salt and water, and rinse thoroughly. Cut the sides apart, separating the tongues, and take out the brains. Put the heads and the tongues in a small boiler, with enough water to just cover them, and one dessertspoon salt. Bring to the boil, and then simmer gently for two hours till the meat is tender and the tongues will skin. Boil the brains for ten minutes in slightly salted water, after having skinned them. Lift the heads out, and take off the meat, being careful not to break it up too much. Skin the tongues, and split them in halves lengthwise. Place the meat in a saucepan, with one cup of the liquor in which it was boiled, and one cup of milk. Bring to the boil, and make a sauce with one tablespoon flour mixed to a paste with a little cold milk. Add a small lump of butter, one tablespoon chopped parsley, and the brains broken in small pieces. Serve on a hot dish, and garnish with some of the vegetables. Save the liquor for broth.

Carrots, Parsnips, Turnips, and Onions are all suitable for serving with this dish. Prepare and add to the boiler with the meat one hour before dishing. The parsnips are just as well cooked separately.

Potatoes.—Plain boiled potatoes.

Sponge Jelly.—Get six sponge cakes, cut in pieces and arrange in the bottom of a glass dish. Now make one pint of jelly from good jelly crystals. Wait till it cools a little, and then pour over the sponge cakes, and allow to set. May be served with custard or cream, or just by itself.

Sheep's head broth.

Scalloped fish, potatoes.

Half pay pudding.

Sheep's Head Broth.—Skim the fat off the stock, and add the bones. Simmer slowly for two hours. If vegetables left over yesterday, cut them in dice, and add ten minutes before serving, also any parsley sauce, adding a little soup to the sauce gradually, and stirring, then when it is thinned down and free from lumps, add that to the soup. Thicken with a little arrowroot, or flour mixed with water. If fresh vegetables are required, cut up one carrot, one turnip, and one onion into small pieces, and cook them with the bones and broth. It may be necessary to add a little more salt. A little celery is an improvement.

Scalloped Fish.—Boil a small salmon trout, bream, schnapper, or cod cutlets in salted water for 10-20 minutes, according to size of pieces. Take off the bones. Make a thick sauce with three quarters of a pint of milk, one tablespoon flour, and a small lump of butter. Melt the butter in a small saucepan, stir in the flour and a pinch of salt. When smooth, add gradually the three quarters of a pint of milk, and continue stirring until it boils. Now add the fish and place in a buttered pie-dish lined with crumbs. Put a thick layer of crumbs on top, and bake in the oven till brown. This is very nice with one teaspoon anchovy sauce added, and cooked in individual "shell" shaped dishes.

Mashed Potatoes.—See page 8.

Half Pay Pudding.—One cup plain flour, one teaspoon salt, one cup breadcrumbs, one cup dark sugar, one cup shredded suet, and one cup of mixed sultanas, currants, and seeded raisins, a little lemon peel. Blend dry ingredients thoroughly, mix with one cup of milk with one teaspoon carb. soda dissolved in it. Put in a buttered basin, and steam three hours, or tie in a cloth wrung out of cold water, plunge in a saucepan of boiling water, and boil for three hours, taking care it never goes off the boil. Serve with sweet sauce (page 18). If liked, an egg may be used, and only half the milk. Very good results are obtained by mixing the pudding with one cup of cold tea. This makes it more economical.

Sea pie, Brussels sprouts, potatoes.

Apple Charlotte, or baked rhubarb pudding.

Sea Pie.—Cut one and a half lb. good stewing steak into neat pieces, not too small. Sprinkle well with flour, salt and pepper, and a little chopped parsley. Place in a stewpan or casserole; just cover with cold water, and bring slowly to the boil; draw aside, and simmer for two hours. Make a crust with four oz. flour and three oz. shredded suet, mix to a soft dough with half cup water and a little salt. Turn on to a floured board, and press with the hands to the shape of the saucepan. Place this crust gently on top of the stew, making a hole in the centre, and cook for the last half hour. If done in a casserole in the oven, allow a little longer for cooking.

Brussels Sprouts.—Cook as described on page 46.

Potatoes.—Plain boiled, but use very sparingly.

Apple Charlotte.—Butter a pie-dish and cover with breadcrumbs. Fill with stewed apple (two lb.), cover with a layer of seeded raisins, and a thick layer of breadcrumbs. Dot with pieces of butter, and bake till brown—30 minutes.

Baked Rhubarb Pudding.—Prepare rhubarb in the usual way, and cut in short lengths. Cut thin slices of bread and butter, preferably brown or wholemeal. Butter a pie-dish liberally, and line it with some of the bread, buttered side to the dish. Sprinkle a little hot water over the slices in the bottom of the dish. Put in a layer of rhubarb and sprinkle generously with sugar; now cover with a layer of buttered bread. Fill the dish in this manner, leaving bread, with the buttered side uppermost, for the last layer. Cover with sugar, thinly, and moisten the sugar by sprinkling it with a little milk. Bake in a rather slow oven for an hour to an hour and a half, according to the depth of the pudding. The rhubarb should be soft, and the top a golden brown.

Roast fowl, boiled pork or bacon, cauliflower, bread sauce and mashed potatoes.

Orange snow.

Roast Fowl.—Be sure your fowl is young, and get the giblets and feet with it as well. If you prepare your own, scald the feet in boiling water for a few minutes, when the skin will come off. Turn back the skin at the neck, and cut the neck off as short as possible. Insert the fingers gently between the outside skin and the breast until the breast bone is reached. This makes a pocket for the seasoning. Take one cup fine breadcrumbs, two tablespoons chopped parsley, one tablespoon grated suet, half teaspoon thyme, half teaspoon grated rind of lemon, and a squeeze of the juice, season with salt and pepper, and bind all with an egg well beaten. Mix well and insert between the breast and the outside skin, shaping it nicely. Turn over the skin at the neck to the back, and sew up. Skewer the wings and legs to the sides of the fowl, and place in a floured baking dish. Cover with good dripping, and place a paper on top. Baste continually. If the breast gets too brown, turn and brown the back. Put in a hot oven for the first ten minutes, and then lower the heat a little. Three quarters to one hour should be sufficient if the bird is young. If old, steam for two or three hours, and then place in a hot oven with plenty of dripping, and baste well till brown—20 minutes.

Boiled Pork or Bacon.—See page 28.

Cauliflower.—See page 38.

Mashed Potatoes.—See page 8.

Bread Sauce.—Stick half dozen cloves into a medium sized onion. Stew in one pint of milk till tender. Lift out the onion, and add to the milk one cup of fine breadcrumbs, a little pepper and salt, and a small piece of butter. Stir and cook a few minutes till the crumbs swell, taking care that it is neither sloppy nor stodgy.

Orange Snow.—Take two large oranges, one small cup sugar, one pint of hot water, and two tablespoons cornflour. Bring sugar and water to the boil, and add to the cornflour, mixed with a little cold water. Cook for five minutes. Add the juice of the oranges, and the grated rind of one. Allow to cool, then add the stiffly beaten whites of two eggs. Beat till white and foaming. Then put in a shape to set. Make a custard with the yolks of eggs, one dessertspoon cornflour, one tablespoon sugar, and one pint of milk.

Giblet soup.

Chops and rice, carrots.

Banana fritters.

Giblet Soup.—Put the giblets, with the feet and neck, also the carcase of the fowl, into two quarts of cold water. Add one small carrot, one onion, and a little mixed herbs. Bring to the boil, and boil for two or three hours. Strain and skim any fat off. Add any brown gravy left from yesterday. Melt one tablespoon butter in a pan, and let it brown a little, stir in one tablespoon flour till smooth and brown, but not burnt. Add to the soup, stirring till it boils, and cook another 15 minutes with a little vermicelli in it.

Chops and Rice.—One and a half to two lb. stewing chops, leg chops are economical, as there is very little bone. Trim off fat, and stew in one cup of water with a little salt and pepper for one and a half hours. Boil half cup of rice in salted water for 15 minutes. Strain, and add to the chops. Cook for another 15 minutes till the rice has absorbed all the gravy, and the grains are full and tender, being careful not to burn.

Carrots.—Boiled carrots.

Potatoes are not really required with the rice.

Banana Fritters.—Make a batter of four oz. flour, one egg, and a little milk. Allow to stand for half hour if possible. Cut four bananas in half, dip in the batter, and fry in plenty of boiling fat. Drain on kitchen paper, and serve on a paper doyley, sprinkled with castor sugar, and garnished with pieces of lemon suitable for squeezing.

How to Deal With an Old Fowl.—A quite old fowl. is very nice boiled. Disjoint the legs (they come apart easily without cutting the flesh) and place body and legs in a saucepan with enough cold water to cover, add one dessertspoon salt, bring slowly to the boil, and let stew gently for two hours. Make some parsley sauce with half milk and half liquor, finely chopped parsley, and serve with the fowl. Use the liquor for broth.

Steak and onions, mashed potatoes.

Ginger pudding.

Steak.—Good topside steak will fry if well hung—one to one and a half lb. Flour it well, and fry till well browned on both sides. Ten minutes should cook it sufficiently. Take out and put on a hot dish, drain off the fat, and make the gravy. If there is doubt about the frying steak being tender, get rump steak and grill it. There is nothing worse than tough steak. Grilled steak (page 9).

If the steak is grilled, make the gravy in the pan after dishing the onions; pour off nearly all the fat, and brown a tablespoon of flour in the pan; add hot water, stirring all the time, and bring to the boil. Cook for a few minutes till thick and brown, and season well with salt and pepper.

Onions.—Peel six large onions, and slice them in rings. Have two tablespoons fat boiling in the pan, and add the onions. Sprinkle with salt and pepper, and keep turning them over with a knife till they are cooked through and browned. Lift them out with a slice, to drain off all surplus fat, and lay them on top of the steak. If you fry the steak, two pans are required.

Mashed Potatoes are nice served with this dish.

Ginger Pudding (boiled, without eggs).—Sift through the sifter eight oz. flour, one teaspoon carb soda, two teaspoons ginger, and a pinch of salt. Add six oz. shredded suet, two tablespoons sugar, three tablespoons sultanas, and two tablespoons golden syrup mixed with a small cup of milk. Warm the milk slightly to dissolve the golden syrup, and stir into the dry ingredients. Mix well, and tie in a cloth wrung out of cold water. Plunge into a large saucepan of boiling water, and keep boiling quickly for two and a half hours, filling the saucepan up with boiling water once or twice. Serve with sweet sauce.

N.B.—If liked, instead of ground ginger, cut up two oz. of preserved ginger into small pieces, and use that.

Chocolate Sauce.—One cup sugar, two tablespoons cocoa, one tablespoon butter (melted), half cup of boiling water. Melt butter in hot water and add to the mixed sugar and cocoa. Cook slowly for five minutes. To be used cold as a sauce for blanc-mange, or over ice-cream. Very little is needed, but it will keep if not all required at once.

Shepherd's pie, cabbage, or silver beet.

Treacle tart.

Shepherd's Pie.—One and a half lb. of minced steak. Put in a stewpan with one cup of cold water, one teaspoon salt, a sprinkle of pepper, and a little chopped parsley or mixed herbs. Bring to the boil, stirring it now and then, and stew gently for one and a half hours. Thicken by sprinkling in flour from the dredger, stirring well to prevent lumps forming. Taste and see if salt enough. Put in a pie-dish and cover with a good layer of mashed potatoes. Smooth them evenly over the meat, using the back of a fork. Dot with small pieces of butter, and cook in a moderate oven till brown—30 minutes.

Cabbage.—Boil in the usual way, 15-20 minutes (page 27).

Silver Beet.—Cook the green part (page 34).

Treacle Tart.—Make a good short crust from eight oz. flour, six oz. shortening, half teaspoon salt. Rub the shortening into the flour, and mix with the yolk of an egg blended with a very little water, with a teaspoon of lemon juice or vinegar in it. Line a deep tin plate with the crust, putting an extra strip about one and a half inches wide all round the edge, and ornamenting it by pressing the bowl of a spoon on it regular intervals in sets of threes. Place some stale crusts in the bottom, and cook for 15 minutes till the pastry is risen and set. Remove crusts. Roll the trimmings out, and cut in strips. Twist them and bake on a greased tin. Make two tablespoons treacle warm. Put the treacle in a basin, and stand the basin in warm water for a few minutes. Add one small cup of fine breadcrumbs, and a very little essence of lemon. Mix thoroughly, and spread on the tart, and continue cooking in a cooler part of the oven for another 15 minutes. Decorate with the twists.

Stewed knuckle of veal, cauliflower, potatoes.

Queen pudding, or baked cereal custard.

Stewed Knuckle of Veal.—Get a nice knuckle of veal and stew with one or two onions for one and a half hours till tender. Strain off the liquor and save it. Take half pint of the liquor and half pint of milk, and make parsley sauce with one tablespoon flour mixed to a paste with cold milk. Cook for a few minutes, then add a tablespoon chopped parsley and a small lump of butter. Rind three rashers of bacon, and cut them into smaller pieces. Fry crisply in their own fat, and garnish the meat with them.

Cauliflower.—Boil in salted water as usual. The parsley sauce of the meat will be sufficient for this, too.

Potatoes.—Plain boiled potatoes.

Queen Pudding.—Pour one pint of boiling milk on to one cup of fine breadcrumbs. Beat the yolks of two eggs with one tablespoon sugar, and stir into the mixture, add a few drops of essence. Put a few dots of butter on top, and bake in a moderate oven till set—30 minutes. Take out, and spread with apricot or raspberry jam. Beat the whites of the eggs to a stiff froth, and fold in one tablespoon castor or icing sugar. Pile roughly on the pudding, and return to the oven till it is tinged and crisp. This is nice served warm, not hot.

Baked Cereal Custard.—Sprinkle a layer of cornflakes or similar cereal in a buttered pie-dish, and pour over them a custard made of three eggs, and a pint of milk, beaten well together with two tablespoons of sugar, and flavored with essence. If liked, grate nutmeg over the top, and dot with pieces of butter. Place in a dish of water and bake in a moderate oven till set.

Artichoke soup.

Fish pie with macaroni.

Boiled apple and sultana roll, or Kamara pudding.

Artichoke Soup.—Peel two lb. of artichokes, boil till tender (one hour) in the veal stock. Rub through a sieve, and add enough milk to whiten it. Thicken with one dessertspoon arrowroot moistened with a little milk. Cook for a few minutes longer, and add a small piece of butter just before serving.

Fish Pie with Macaroni.—Boil one lb. cod or schnapper fillets in a little water for ten minutes. Remove all bones. Cook half cup of macaroni till tender, strain and mix with the fish. Beat one egg well with a small cup of milk, and pour over the fish and macaroni in a pie-dish. Cover with a good layer of breadcrumbs, and dot with small pieces of butter, and bake in a moderate oven till set—30 minutes. A small salmon trout or bream could be used instead.

Boiled Apple and Sultana Roll.—Make a suet crust with eight oz. flour and six oz. suet, one teaspoon salt, and a small cup of water. Roll out, and cover with a sliced apple, a good layer of sultanas, and one tablespoon sago sprinkled over. Nutmeg if liked. Roll up carefully, sealing the edges by moistening with a little water. Wring a cloth out of cold water, tie up the roll securely, and plunge in boiling water. Boil well for 1½-2 hours. A custard sauce is an improvement. May be made with any good custard powder, according to directions on the tin.

Kamara Pudding.—One cup of flour, one cup of boiling milk, one and a half tablespoons good dripping, 3 tablespoons sugar (dark if liked), one teaspoon carb. soda, one cup of stoned raisins, and chopped candied peel. Mix dripping and flour with a spoon, add sugar and fruit. Boil milk. Put soda in a big basin, and pour one tablespoon of vinegar or soda. Mix pudding with the boiling milk, and add the soda and vinegar last. Steam in a buttered basin for two hours, or longer if possible, as the longer it cooks the darker it gets.

Braised steak a la mode, cabbage or sprouts, potatoes.

Old-fashioned bread pudding, or golden dumplings.

Steak a la Mode.—Cut the steak into neat pieces, and roll in flour. Fry brown on each side, and drain on a paper. Cut an onion up small, and fry till brown. Strain off fat, and add to meat in a stew-pan. Make a gravy in the frying-pan, add one teaspoon salt, and a good sprinkle of pepper. Pour over the meat, and stew one and a half hours till tender. If liked, a carrot cut up finely in rounds may be added. Skim any fat off, and if not thick enough, thicken with a little flour mixed with cold water. Cook a few minutes longer.

Cabbage.—Page 27, or

Sprouts.—Page 46.

Potatoes.—Have the potatoes nicely boiled and floury.

Old-Fashioned Bread Pudding.—Take some pieces of stale bread, and pour boiling water over them. Soak till soft, and squeeze the water out well. Have about one pint of this soaked bread, one table-spoon currants or sultanas, and a little lemon peel cut up fine. Beat two eggs well, add one tablespoon sugar and three quarters of a pint of milk. Pour over the soaked bread, and grate nutmeg over the top, putting a few pieces of butter on as well. Bake till set, in a moderate oven—30 minutes.

N.B.—A change from the sultanas is to put a layer of marmalade in the bottom of the dish, pouring the mixture gently on.

Golden Dumplings.—Four oz. self-raising flour, a pinch of salt, one oz. butter, one egg and a little milk. Sift flour and salt, rub in butter and mix to a soft dough with the egg and a little milk. Roll into small balls. Boil one cup of water, one tablespoon of golden syrup, three oz. sugar and one tablespoon butter together, and when boiling, add the balls, cover with a lid, and boil gently for 20 minutes, and serve at once.

ADDITIONAL RECIPES

This section is comprised of additional recipes not included in the "Daily Dinners," but the whole has been indexed in a manner which makes it easy to find at once any particular dish required.

CHRISTMAS COOKERY

Poultry, Ham, Christmas Pudding, Mince Pies, Ox Tongue.

Roast Duck.—Make sage and onion seasoning as for pork (page 21). Place it in the body of the duck. Put the duck in a well-floured tin, cover with good dripping. Over that lay a greased paper, and cook in a hot oven for the first 15 minutes. Lower the heat, and continue cooking, basting well. Allow from one to one and a half hours, according to age of bird. Serve with nice brown gravy and apple sauce. Mashed potatoes and green peas, beans or tomatoes are all nice with duck.

Roast Goose.—Proceed as for duck, and cook for one and a half to two hours. Serve with nice brown gravy and apple sauce. Mashed potatoes, green peas, beans or tomatoes.

Roast Turkey.—Make a good supply of veal stuffing, and stuff the bird in the neck as you would a fowl, shaping the breast nicely. Cover with good dripping and a greased paper, and bake for two to two and a half hours. A ten-lb. turkey requires two hours. Serve garnished with fried pork sausages, and nice brown gravy. Make bread sauce.

Roast Fowl.—See page 56.

Ham.—Ham requires longer to boil than beef or mutton. Allow 30 minutes per lb. Place in a large boiler with warm water to cover, let it come slowly to the boil, and then boil for the required length of time. The skin will come off when it is done. Peel the skin off, rub with a little sugar, and put in the oven to brown. When cold, it may be covered with raspings.

Ox Tongue.—Boil in the same way as the ham. A six-lb tongue takes three hours to cook. Test it through the root with a skewer. If tender, lift out, and skin. If you have no tongue press, put it in an enamel billy or dipper, curling it round, and place a heavy weight on top, and press till cold. If the weather is hot, cook the tongue towards the end of the day; it will then have the cool of the evening to cool off in.

Mince Pies.—Two oz. currants, two oz. sultanas, one oz. lemon peel, cut fine; two oz. suet, chopped fine, three oz. sugar, three apples peeled and cut into small dice. Mix thoroughly, and pour over the juice of two lemons. Let stand a while. It is best made the day before. If desired to keep the mixture, add one tablespoon rum or brandy, and store in air-tight jars.

Make a good flaky pastry, and line small patty pans with it. Put in a good spoonful of the mixture, cover with another layer of paste. Bake in a hot oven for the first five minutes, to raise and set the pastry, and then lower the heat and continue cooking for another 20 minutes. Sprinkle with castor or icing sugar.

Christmas Pudding.—Eight oz. plain flour, two oz. self-raising flour, eight oz. breadcrumbs, ten oz. each raisins, currants, and sultanas, ten oz. finely chopped suet (some prefer butter, in which case rub it into the flour), quarter lb. mixed peel, three quarters lb. soft or brown sugar, two oz. almonds blanched and cut up, eight eggs, half teaspoon carb. soda mixed with one dessertspoon boiling water, and one tablespoon treacle, half teaspoon mixed spice, half teaspoon salt, one nutmeg grated. (Mix these through the flour.) Mix all dry ingredients well together. Beat the eggs thoroughly, and stir in thoroughly. Add the soda, boiling water and treacle last. Put in greased basins, and steam for seven hours. This will make two puddings. If cloths are preferred, wring the cloths out of cold water, tie up the puddings. Plunge into fast boiling water, and boil continuously for six or seven hours. If liked, may be made with five or six eggs, and a small cup of milk instead of the eight eggs. A little brandy is liked by some.

N.B.—It is a good plan to make the puddings about a week before required. They improve by hanging, and then on the day they are wanted they should be boiled or steamed for another three hours. Serve with a good sweet sauce. A piece of holly is usually stuck in the top, and gives a festive air.

SOUPS

Stock.—To each one lb. of meat and bones allow one quart of water. A leg of beef bone is excellent. Chop bones roughly, wash quickly, and put in saucepan with cold water and a dessertspoon of salt. Cover closely, and bring very slowly to the boil, then simmer four to six hours. This is to extract all the goodness from the bones. Strain into a basin, allow to stand until quite cold, and remove fat. Save this fat, as it is quite good to use as a substitute for butter in making cakes or pastry.

If you make stock sufficient for more than two days, boil up any you have left; this helps to keep it.

Brown Soup.—Make plenty of nice brown gravy when you cook your joint, and save some for the soup. Add sufficient stock, flavor with celery salt, and add a little vermicelli. Boil about five to ten minutes till the vermicelli is cooked. If not quite brown enough, add a little caramel or gravy browning. Thicken with a little arrowroot.

Kidney Soup.—Half an ox kidney, two pints of good stock, salt and pepper to taste, one tablespoon flour, one dessertspoon dripping. Wash kidney and cut it into small pieces; melt dripping in a saucepan, and when smoking hot, add the kidney. Fry slightly, add the flour, and stir it well in. Add the stock, a little at a time, and stirring well to avoid lumps. Cover the saucepan closely, and simmer gently for two hours.

Vegetable Soup.—Wash two tablespoons pearl barley, cut one medium sized carrot, one turnip and one onion into dice, and a piece of celery into slices. Boil for two hours in sufficient water to cook without burning. When the vegetables are soft, add sufficient stock to make up to the quantity of soup required. Boil up again, and add one dessertspoon of finely chopped parsley just before serving. It is a good plan each day to cook your vegetables in the least possible quantity of water, and then this may be strained into your soup just before serving.

"Mess of Pottage."—Take half a small cabbage, discarding hard outer leaves and stalks, or an equal quantity of silver beet is good. Shred finely, and fry for a while in some good dripping. This may be done in a saucepan, then add one onion, one small turnip, one fair sized potato, all cut into dice, half a cup of split peas which have been soaked for about half an hour in water, also half a cup of pearl barley, also soaked. If not well covered, add a little more water, and cook all gently for an hour and a half, taking care not to burn, and adding salt and pepper to taste. This makes a thick, nourishing soup, almost a meal in itself, and lovely on a cold day.

Ox Tail Soup.—One small ox tail, two onions, one large carrot, one stick of celery, one oz. dripping, one oz. flour, one teaspoon mixed dried herbs, two cloves, six peppercorns, one quart of water, and one pint of stock. Salt to taste. Melt the dripping in a large stewpan, add the peeled and sliced onions, and fry till lightly browned. Wash the ox tail, dry and joint it, coat with flour, and fry with the onion till browned. Add the carrot and celery cut into small pieces, seasonings and liquid. Cover closely, and bring gradually to the boil. Simmer five hours. Thicken with flour mixed smoothly with cold water. Take out the ox tail, and serve the soup very hot.

WHITE STOCK

White stock is the liquor from Veal, Fowl, Rabbit, Tripe, Cow Heel or Trotters. Fish heads, bones and trimmings may be boiled down for fish stock.

Celery Soup.—Make the stock up to three pints with milk, have one small head of celery, one small onion, one oz. good fat, one oz. flour, salt and pepper to taste. Wash and cut up the celery and onion and add to the stock, simmer with the saucepan closely covered for an hour. Strain, and rub the vegetables through a sieve or fine colander. Melt fat, add flour and blend well, add the liquid gradually, stirring all the time, then add the strained puree. Stir till it boils, and cook for three minutes.

Mulligatawny Soup.—Using the liquid from a boiled fowl. One quart of stock, and half cup of milk; some of the meat scraped from the bones of the fowl, one tablespoon curry powder, and if possible a few button mushrooms make all the difference.

Put scraps of meat and mushrooms in a saucepan, add stock and seasoning (any more salt or pepper if necessary). Cover, and simmer for about an hour. Mix curry powder with the milk and add to the boiling soup, and cook a little longer. If wanted a little thicker, add one tablespoon of flour to the curry powder, and mix till all lumps are out before adding to the soup. A small knob of butter, and a good squeeze of lemon juice stirred in just as you take it from the fire are an improvement.

Parsnip Soup.—Use tripe stock for this. Cut two or three parsnips into thin slices, after washing them. Fry in a saucepan, with a little good fat, without browning them, for about ten minutes. Add stock, and simmer, closely covered, for about half an hour till the parsnips are tender. Pass all through a sieve. Melt one oz. fat, blend in one dessertspoon of flour, add the parsnip mixture with salt and pepper to taste, cook for five minutes longer, and add the juice of half a lemon. If liked, a cup of milk may be added to make a larger quantity, or to give extra nourishment, and if you do this, do not add the lemon till the cooking is finished and you are about to serve.

Potato Soup.—Three medium sized potatoes, one small onion chopped up, one tablespoon finely chopped parsley, pinch of celery salt, one quart of milk, one tablespoon butter, one oz. flour, pepper and salt. Boil potatoes in the usual way in as little water as you can, till they are soft, meanwhile boil the onion in the milk for half an hour with the celery salt. Rub the potatoes through a sieve, and strain the onion from the milk. Melt butter, blend in the flour till free from lumps, add the milk gradually, stirring well, then the potatoes, and cook for five minutes, adding the finely chopped parsley at the last.

General Ideas.—Various ideas will come to you from time to time, and do not be afraid to try them out. It is always worth while to save small scraps of vegetables to add to soup. Mashed potato added to soup is a very satisfactory way of thickening it (as is also the addition of scrapings from the porridge pot). Left-over vegetables, either put through a sieve or mashed with the back of a fork, added to stock, or water saved from cooking vegetables and a little milk added, thickened, and flavored with seasonings, a little thyme, parsley, celery salt, or vegemite; small spoon of meat extract—all these make a very satisfactory small quantity of soup, either for lunch, or for the unexpected guest, helping to make your meal go farther.

Other Recipes will be found in the Dinner Section. See Index.

FISH

Grilled.—Fillets of fish are best for this, or small fish not too thick through. Sprinkle with salt, and roll in butter paper; place under a hot griller, and cook for five minutes, then turn carefully, and cook for three minutes more. Be careful not to have them too near the griller in case the paper gets alight.

Steamed Fillets.—(Suitable for invalids or children.) Grease a plate with butter, place fish on, sprinkle with salt. Place the plate on top of a saucepan of boiling water, and cover the fish with the lid of the saucepan. It should be cooked in from five to ten minutes, according to the thickness of the fillet, but you can see when it is cooked it will become white. For a child, use it as it is; for an invalid who can take it, serve with a sauce made by melting a little butter, and adding a squeeze of lemon juice and a little very finely chopped parsley.

Barracouta or Smoked Cod, Cooked in Milk.—Wash or wipe the fish, and have milk boiling in a shallow saucepan, or deep frying-pan. Put in the pieces of fish, and just simmer for about ten minutes. In another saucepan melt one oz. butter, and stir in one oz. flour till blended, strain off the milk the fish was cooked in, and add gradually to the blended flour, stirring all the time till you have a nice thick sauce. Chop up a couple of hard boiled eggs and add to this, making Egg Sauce. Serve on a hot dish, with the sauce poured over. Garnish with lemon and parsley. The salt in the fish is usually sufficient.

Kedgeree.—Four oz. rice, half lb. cooked fish, or small tin of salmon, two hard boiled eggs, two oz. butter, salt and pepper. Cook the rice in plenty of boiling salted water till the grains are soft and separate (do not allow them to become mushy, 12 to 15 minutes should be right). Drain it well. Remove skin and bone from fish, and if you use salmon, drain the liquid off. Save about half one of the hard boiled yolks of eggs for decoration, mash the fish and the rest of the eggs together, and add to the rice. Melt the butter in a saucepan, add the mixture, and heat thoroughly through, stirring often. Serve piled on a hot dish with the remaining egg yolk pressed through a sieve and sprinkled on top.

A small wire strainer is ideal for this, as you can hold it over the piled fish and rub the yolk through, moving the strainer as desired.

Curried Crayfish.—One medium sized crayfish, one onion, one apple, one tablespoon chutney, one tablespoon tomato sauce, one tablespoon dark plum jam, one tablespoon butter, and one heaped dessertspoon of flour, one and a half cups of milk, one dessertspoon of curry powder (more if liked very hot), salt, four oz. rice, lemon, parsley.

Peel the onion, and cut up in fine rings. Peel, core, and chop apple into small dice. Melt the butter in a saucepan and fry onion and apple till browned. Add jam, chutney, sauce, and curry powder. Remove from the fire, add flour and blend well. Add salt to taste, and stirring all the time bring to the boil, simmer gently for ten minutes. Meanwhile cut the crayfish down the back, remove four or five good claws and reserve for garnishing. Take the meat from the shell and the remaining claws, and flake it up, not too finely, and add to the hot mixture. Allow to come very slowly to the boil again, to give the fish time to get hot through, and serve surrounded by a border of the cooked rice. Garnish with claws, quarters of lemon, and sprigs of parsley.

Devilled Whitebait (using tinned whitebait).—Drain the fish in a sieve or strainer to get rid of the liquid. Have plenty of flour on a paper. Drop the fish into this, and shake the paper well till the fish are thoroughly covered. A paper bag is excellent for doing this, as you can gather it up at the top and shape without making a mess. Put the fish into a frying basket, and gently tap it to get rid of any surplus flour. Have a pan full of boiling fat, so that if you drop a small piece of bread into it, it gets brown at once. Plunge the basket of fish into this, and shake it gently for two or three minutes, when the fish should be cooked. Toss them lightly on to a sheet of kitchen paper, freely sprinkled with salt and cayenne, and shake them about a little on the paper, being careful not to break them. Garnish with sprigs of parsley and cut lemon. Thread a sprig of parsley through the centre of each slice of lemon. Serve at once with slices of thin brown bread and butter.

Oysters are usually served on the shell, with lemon juice, but if wanted hot, here are a couple of ways of using them.

Fried Oysters.—Drain the liquor from the oysters and remove the beards. Cover with beaten egg, salt and pepper them, and roll in very fine dried breadcrumbs. Allow to set a little while, and fry in boiling fat, about one minute on each side. Drain at once on kitchen paper, and serve immediately with curls of fried bacon.

Oysters Creamed.—Heat the oysters in their own liquor till plumped out, but do not boil them, or they will be tough. Make a good sauce with one oz. butter melted and blended with one oz. flour, then add half a cup of liquor and half a cup of milk, stirring all the time. Cook for a few minutes till there is no taste of raw flour, then immediately before serving add the plumped oysters.

Oyster Patties.—Have some puff pastry cases hot in the oven, and just slip one or two oysters with the sauce into each as you are ready to serve them.

Oyster and Anchovy Titbits.—For each oyster have one round piece of buttered toast, or fried bread two inches in diameter. Cut with a scone cutter. Beard the oysters and place them between two plates with their own liquor and a small piece of butter, and warm in the oven or over a saucepan of boiling water, taking care not to actually cook them. Spread each round of toast or bread with anchovy paste, cover with a stamped out round of very thin fried bacon, and place an oyster on the top of each. Sprinkle with lemon juice and cayenne pepper, and serve as hot as possible.

Other fish recipes and directions for cooking will be found among the dinners, and indexed in the Fish Section.

SALADS AND LUNCHEON DISHES

Salads may be as varied as the vegetables themselves. Always have them fresh, well washed, and dried. Lettuce put in the ice-chest to crisp up after being washed is a very different thing. If you are having a cold salad luncheon, arrange the platters quite early, and put them aside till required, adding the dressing then, or serving separately.

Boiled Mayonnaise Dressing.—One teaspoon dry mustard, one small dessertspoon butter, one egg (not beaten), half small cup of milk, one small dessertspoon sugar, two dessertspoons vinegar, half teaspoon salt. Have a double saucepan, or small saucepan and deep frying-pan of boiling water. Put butter, sugar, mustard and salt in the saucepan, and stir round a few times to mix, and get lumps out. Beat egg slightly and add. Stir up well, and then add the milk. Stand over quite boiling water and stir till all the butter is dissolved and blended in with the other ingredients. Remove from the fire, and add the vinegar gradually. Return to boiling water, and cook very carefully till it coats the spoon (like custard). This should only take about two minutes. It is better to cook too little than too much. Use a wooden spoon for preference, and if you are afraid it has overcooked at all, when you remove the saucepan from the boiling water, stand it in some cold water, or pour at once into a cold basin, as the heat of the saucepan is likely to go on cooking the contents.

French Dressing.—Two tablespoons oil, two tablespoons vinegar, salt and pepper. Blend together, and shake over the salad, so that it may be seen glittering on the leaves.

Delicious Salad Dressing.—Boil three eggs for 10 to 15 minutes, put them into cold water to cool, and harden the yolks. Separate the yolks from the whites, and rub them quite smooth with a teaspoon each of the best mustard, salt, and half teaspoon sugar; add six tablespoons cream or top milk, and mix thoroughly; then stir in gradually one tablespoon of the best salad oil, and when well mixed add slowly two tablespoons vinegar. It should be of the consistency of cream. This dressing is suitable for any kind of salad.

N.B.—Where there is a real dislike of oil, oiled butter may be used instead, but it is better to try and use the oil, as it aids digestion and prevents flatulency, which often follows a hearty salad meal.

Magic Mayonnaise.—Quarter cup vinegar or lemon juice, quarter cup salad oil or melted butter, two-thirds of a cup of sweetened condensed milk, one egg yolk (unbeaten), half teaspoon salt, one teaspoon dry mustard, and half teaspoon cayenne pepper. Place ingredients in a jar in the order listed. Fasten top on, and shake vigorously for two minutes. The mixture will blend perfectly.

To double the recipe use one whole egg, and double all other ingredients. This will keep indefinitely, and the required quantity may be taken from the jar, and if too thick may be thinned down by adding a little top milk and mixing well.

Pineapple and Orange Salad.—Four slices pineapple, two oranges, lettuce, half cup celery, half cup nuts. Arrange slices of pineapple on lettuce leaves. Cut celery in thin strips about 1½ inches long, and mix with chopped nuts and sufficient mayonnaise dressing to bind. Pile in centre of pineapple, and garnish with sections of orange. Serve dressing separately.

Cucumber and Green Pea Salad.—Skin cucumber carefully. Cut in sections about 2½ inches deep. Scoop out the seeds half way down, forming cups. (Or use apple cucumbers whole.) Mix the seeds with some cold cooked peas and some good salad dressing. Pile the mixture in the little cups. Have thick slices of nicely savored beetroot or tomato, stand cucumber cups on these. If lettuce is at hand, stand the whole inside a nice lettuce leaf. If peas are not available, French beans, broad beans or any diced (cooked) root vegetables will do as well. May be garnished with finely shredded lettuce or strips of carrot (raw).

Potato Salad.—Boil small new potatoes in their skins in salted water. When cooked, peel, and slice about one-eighth of an inch thick, and mix a lump of butter through them. Cook young peas till tender, strain, and mix butter through them also. Have haricot beans soaked all night, and then cook till tender, pouring off the water and changing it a couple of times during the cooking to take off any bitterness. They will take an hour or longer. When they will crush between the thumb and finger strain the water off, and sprinkle liberally with finely chopped parsley and butter. Now in a glass dish place alternate layers of potatoes, peas, and beans till all are used.

Various Suggestions.—Using small curled lettuce leaves, fill with cold cooked peas blended with dressing, diced beetroot, young celery, shredded carrot. This with thin slices of ham or tongue, and cheese shredded over the celery and peas, would be an appetising lunch.

Garnishes are very important, as it is the pretty appearance of a salad which helps to make it appetising. Finely shredded lettuce salad may be garnished with alternate slices of hard boiled egg and tomato. Tomato salad—slices of tomato, and slices of white odorless onions, may have a circle of overlapping slices of cucumber as a trimming.

LUNCHEON DISHES

Potted Meat.—If you have cooked a leg of beef for stock, take the meat off the bones, season well with pepper and a little spice if liked, and press down in a basin or pie dish. This should set by itself without the addition of any gelatine.

Scotch Eggs (Birds' Nests).—Hard boil half dozen eggs for about eight minutes. Pour cold water over them, this helps to make the shells come off easier. Have one lb. of sausage mince, and mix a well beaten egg through it. Cover each egg carefully, keeping the oval shape. Roll in dried breadcrumbs, allow to set a little, and then fry in rather deep fat, slowly to cook the meat, they will probably need turning. When cold, cut across with a sharp knife where you would judge the centre of the egg to be, and arrange each little "nest" in a bed of lettuce. Garnish with chopped up beetroot, or slices of tomato.

Rabbit Shape.—Well wash a young rabbit, and stew till tender in just enough water to cover. It will take about 1½ hours. When the meat will leave the bones easily, remove all meat, and cut up small. If preferred, it may be put through the mincer. Place slices of hard boiled egg in a pattern at the bottom of a mould or small pie-dish. Measure the liquor the rabbit was cooked in, and to each cup allow one level dessertspoon of gelatine. Soak the gelatine in just a little cold water, then stir in to the hot liquor. If it has got cool while you have been preparing the rabbit, heat it up again, stir till the gelatine is dissolved. Season with salt, pepper, a little finely chopped parsley, thyme, and a squeeze of lemon juice if liked. Mix in the meat, and spoon carefully in to the prepared mould. If tomatoes are in season, you may prefer to line the mould with slices of tomato instead of the egg.

Sheep's Tongues.—Wash four to six sheep's tongues, and put on in warm water to cook, with a few cloves and peppercorns. Bring slowly to boil, and just simmer for about three hours till tender. Skin the tongues, and remove the gristle at the root, split them lengthwise. Make a sauce with a little of the liquor, if not too salt, and milk. Thicken with flour blended with milk, and add two dessertspoons finely chopped parsley, and a small knob of butter. Return the tongues to the sauce, and allow to get thoroughly hot through again before serving.

Pressed Tongues.—Cook as above, but instead of serving hot in sauce, slice them, and put in a basin, or they may be left whole if preferred. Put a little of the liquid over them, and a sauce on top, then a weight, if you have no proper press. Allow to get thoroughly cold before turning out, and serving with salad.

Stuffed Liver is a change from liver and bacon. One and a half lb. lamb's liver, two onions, sage, salt and pepper. Partly boil the onions, and chop them finely and mix with a good teaspoon of chopped sage, salt and pepper to taste. Wash the liver, and cut into evenly shaped pieces about half an inch thick. Press the stuffing on to one slice of liver, and cover with another piece of meat. Put into a greased tin with a little dripping, and cover with a greased paper or a lid, and bake in a moderate oven for one to one and a half hours until nice and tender. Baste frequently. Serve with a good brown gravy.

Pressed Pig's Cheek and Tongues.—Get a nice pig's cheek and wash it thoroughly. Put on in warm water, bring slowly to the boil, and simmer for two hours, when the meat should leave the bones easily. Cook the tongues in the same manner, but they will require about three hours. They will skin easily when they are done. Take all the meat from the bones of the cheek; split the skinned tongues down the middle, and arrange alternately in a basin. Put a weight on top, and turn out when thoroughly cold and firm. If the cheek is well washed before cooking, there will be no need to skin it, but if preferred the skin could be taken off before cutting up the meat. Four to six sheep's tongues according to amount required.

Roast Topside, or Aitchbone.—This joint is solid meat, with just a margin of fat, and if it is hung for two or three days, can be made most tender. Cut a pocket in it, about half way through, and stuff with a sage and onion seasoning. Secure with small skewers and string. Insert in a paper bag. A white one from inside a cereal packet is excellent for this. Fold the ends securely, and place in the baking-dish, with plenty of fat over it. Baste well, and cook the required length of time, at first in a hot oven, then steadily for the remainder—allow about 1½ hours for a four lb. piece of meat, though a lot will depend on the thickness through.

Another way to make it tender is to heat some vegetable oil to boiling point, and smear all over the outside of the meat to thoroughly seal it. Put in the ice-chest for two or three days, and then bake.

Curry.—It is a good idea to make curry the day before, as then there is plenty of time for the flavor to thoroughly permeate the meat. It can easily be heated again.

Have good stewing chops, about two lb., well trimmed of fat, or stewing steak cut into neat pieces. Heat some fat to boiling point, and fry the floured meat gently till well browned on both sides. Lift out and drain on kitchen paper; now fry a couple of onions cut up small, till they are brown, but not burnt; also a green cooking apple diced. Strain off all fat, put all together in a saucepan or casserole, add two good dessertspoons curry powder, and a large teaspoon of salt. Make a good brown gravy in the pan, and pour it over the meat. Bring gently to the boil, and simmer then for two hours, till the meat is quite tender, but not broken. If necessary, thicken the gravy with flour. If cooked in the oven in the casserole, it may take a little longer. Serve with rice or macaroni.

SAVORIES

Savories may sometimes be served as the chief dish for luncheon or tea, in which case the servings are larger than when they are just used as piquant and intriguing mouthfuls at suppers or parties.

Cheese Soufflé.—About two cups of soft breadcrumbs, one and a half cups milk, three eggs, one dessertspoon butter, four oz. finely grated cheese, salt, cayenne. Half fill a pie-dish with soft breadcrumbs, add the cheese, salt, and a pinch of cayenne. Beat the eggs, mix with the milk, and pour over the breadcrumbs, etc. Put small knobs of butter over the top, and stand the pie-dish in another dish with water in it, and bake in a moderate oven till set—about half an hour. Test as for a baked custard.

If a lighter mixture is preferred, mix the egg yolks with the milk, and mix with the crumbs; then just fold in the stiffly beaten whites.

Puftaloons and Bacon.—Take about one and a half cups of self-raising flour, and enough milk to make a firm dough. A small cup should be sufficient. Roll out on a lightly floured board to ¼ inch thick, and cut into rounds. Fry slowly in boiling fat till golden brown, then turn and cook till the other side is brown, too. Drain on kitchen paper, and serve with bacon which has been cooked in another pan, or grilled.

Chicken and Ham Puffs.—Two oz. flour, two oz. butter, five tablespoons water, two eggs. Put butter and water into a saucepan, and bring to the boil. If possible, use an enamel saucepan, as the aluminium is apt to make the mixture have a greyish appearance. When boiling, add the flour quickly, stirring well, continue stirring and beating till the mixture leaves the sides of the saucepan (count ten SLOWLY). Remove from the fire and allow to cool a little while you beat the two eggs well; add the eggs to the mixture in the saucepan a third at a time, beating in each time till all is absorbed. Put teaspoonsful of the mixture on a buttered slide, and bake in a fairly hot oven, lowering the temperature a little after ten minutes. Do not open the oven door for 20 minutes. They should be cooked in about 30 minutes. When they are taken from the oven, put on a wire tray to cool off in a warmish place, and do not cover with a cloth, as they should be kept crisp.

While they are cooking you can make the filling, and for this you will need four tablespoons minced chicken, two tablespoons minced ham, one tablespoon cream, little salt, pepper, one oz. butter, one heaped dessertspoon flour, and three quarters cup of milk. Melt the butter in a small saucepan, remove from the fire and blend in the flour, mixing well till all lumps are out, using a wooden spoon. Add the milk gradually, stirring all the time. Return to fire and stir till the mixture thickens. Cook for three minutes. Allow to cool slightly, stir in the cream, add the chicken and ham, and season with salt and pepper to taste.

When the puffs and the filling are cold, slit the puffs along one side with a sharp knife, fill with the chicken mixture, and close together again.

Alternatives would be scraps of rabbit, or veal, tongue, cold flaked fish, any tasty tit-bits held together with the thick sauce, and seasoned well.

Rinoldi MACARONI RECIPES

MACARONI MEAT LOAF

Boil one-third packet Rinoldi Macaroni until soft enough to handle, but not to break. Drain well. Butter plain mould or basin, and line with Macaroni, starting from centre or bottom and circling round. Heat 1 level tablespoon butter, stir in 2 level tablespoons flour, add a small cup of milk, and stir till boiling. To this add ½ lb. cold meat (veal, chicken or rabbit, with a little ham or bacon to flavour), add salt and pepper, and stir in a beaten egg. Pour into basin, cover with remainder of Macaroni and buttered paper. Steam gently 1 hour. Serve with gravy or tomato sauce.

SAUSAGE AND SPAGHETTI SAVOURY

1 lb. sausages, 1 tablespoon flour, 4 ozs. lean bacon, 1 cup cooked Rinoldi Spaghetti, ½ cup tomato sauce, 2 tomatoes.

Boil sausages for ten minutes. Drain and allow to cool. Remove skins from sausages, cut in halves and roll in flour. Put a strip of bacon around each piece of sausage. Put half the sausages in a greased casserole dish and cover with one sliced tomato and half the Spaghetti and tomato sauce mixed together. Add another layer of sausages and tomato and Spaghetti mixture. Place lid on casserole and bake in a moderately hot oven 30 minutes.

VERMICELLI QUEEN PUDDING

3 ozs. Rinoldi Vermicelli, 2 to 4 tablespoons sugar, 2 eggs, raspberry jam. Cook the Vermicelli in boiling salted water for 10 minutes. Drain, add milk, and cook till thick. Cool. Beat egg yolks and sugar together, and stir in saucepan. Pour into a buttered pie-dish and bake in a slow oven till set. Spread surface thickly with raspberry jam. Beat egg whites till stiff, fold in a little sugar, pile on top of custard, and brown in a quick oven.

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Asparagus Fingers may be made from the same mixture as the puffs. If you have a forcer, you can force the mixture on to a greased slide in narrow strips, about two and a half to three inches long. If you have no forcer, spread the mixture as well as possible with a knife. Bake as directed, and when cold, slit open and place inside a length of asparagus, well coated with thick mayonnaise.

Savory Lamb's Fry.—One lamb's fry. Make a forcemeat of one cup of soft breadcrumbs, one tablespoon anchovette, one tablespoon of butter (melted), one teaspoon chopped parsley, half teaspoon chopped thyme, half teaspoon grated lemon rind, season with pepper and salt. Wash the liver and cut into half inch slices. Flour them well, then dip in beaten egg, and the forcemeat of crumbs. Allow to stand a little, while you fry two sliced onions in a tablespoon of dripping, then lightly brown the liver slices. Sprinkle with a little flour, and add half a pint of stock, and cook all gently in a casserole for an hour. Serve piping hot, sprinkled with chopped parsley, and garnished with rolls of bacon.

Cheese Straws.—Three oz. flour, two oz. butter, two oz. finely grated cheese, salt, cayenne, one egg yolk, two tablespoons water, and a squeeze of lemon juice. Sift flour with a good pinch of cayenne and a small teaspoon of salt into a basin; rub in butter lightly with the fingertips till it resembles crumbs; add the cheese and mix well. Beat the egg yolk and add the lemon juice and water, and mix with the dry ingredients until the mixture is a stiff dough. Turn on to a floured board and roll in an oblong about one-eighth of an inch thick. Take a sharp knife and cut into strips a quarter of an inch wide and about three inches long. Form some of these strips into rings. Place on a greased baking sheet and put in a hot oven with a declining heat, and bake from eight to ten minutes till lightly colored. If butter can still be seen bubbling along the sides of the straws, cook a little longer. Allow to cool a little before removing carefully from the baking sheet. Place on a rack till cold, and then thread three or four straws through each ring, and serve garnished with parsley. Use cheese according to taste, i.e., mild cheese, or tasty as preferred. Parmesan, a strong, powdered, imported cheese is used if a very strong cheese flavor is desired, but it is expensive, if obtainable. If desired, use one good teaspoonful in addition to the grated cheese.

Olive Mouthfuls.—Thin slices of well buttered bread, with crusts removed, finely chopped parsley, stuffed olives and mayonnaise. Smear the buttered slices with mayonnaise, and dust lightly with the parsley. Place olives, one after the other, closely together, along one edge. Roll up the bread carefully. Press it slightly to keep it in position. Cut the roll in slices between, and through the centre, of each olive, and secure with a toothpick.

Celery Rolls.—Two small celery hearts; half cup of cream, one tablespoon finely grated cheese, half teaspoon finely chopped chives, salt and cayenne to taste. Wash celery and place in cold water till crisp. Better still, crisp it in the ice-chest or refrigerator. Add a pinch of salt and cayenne to the cream, and whip till it hangs on the whisk. Mix in cheese lightly, but thoroughly. Butter bread, and cut in very thin slices. (By buttering it in the loaf it is easier to cut it really thin when it is fresh.) Remove all crusts and sprinkle each slice lightly with salt. Cut celery into lengths to fit the slices of bread. Spread cheese cream along each piece of celery, sprinkle sparingly with chives. Place on the prepared bread and roll up carefully. Press lightly to keep in position, and cut each roll in half.

Brain Rolls.—One set of brains, six to eight oz. ham cut in very thin slices, one hard boiled egg yolk, little lemon juice, and salt. Soak brains in cold salted water for half an hour. Skin them carefully; put into boiling salted water, and simmer for ten minutes. Drain well, and when cold, mash them with a squeeze of lemon juice, more salt if necessary, and pepper to taste. Cut ham into strips not more than an inch wide, and about four or five inches long, having fat and lean in each strip, if possible. Spread a little of the brain mixture on each strip. Roll up and secure. Press a little sieved egg yolk into the ends of the rolls, and sprinkle a little very finely chopped parsley on top, and place in very small paper cases. The ones saved from chocolates would do.

Sardine Savories.—One small tin sardines, one and a half oz. butter, one teaspoon anchovy sauce, one teaspoon of Worcestershire sauce, one dessertspoon flour, barely half a pint of boiling water, dash of cayenne, and a squeeze of lemon juice. Fry small rounds of stale bread in deep boiling fat till golden brown. Drain on paper, and keep hot. Mash the sardines, free from oil and bones, and spread on the croutons. Make a sauce by melting the butter, blending in the flour, and adding the sauces and lemon juice, then add the boiling water slowly, stirring all the time, and cook for about five minutes. Spoon some of the mixture over the prepared croutons, and serve at once.

Russian Savory Eggs.—Required number of hard boiled eggs, filleted anchovies or sardines, mayonnaise dressing, tomatoes, watercress or lettuce. Boil the eggs for ten minutes, then stand in cold water to make the shells easier to remove. Cut them in half, lengthwise, and take a small piece off the underside, to make them stay straight. Remove the yolks of the eggs, and chop small, mix these with the mashed fish, little watercress chopped and enough sauce to bind. Fill the half eggs with the mixture, piling it high. Serve on slices of tomato, beetroot, or cucumber, and garnish with finely shredded lettuce.

BISCUIT SAVORIES

Plain biscuits are the basis for many colorful savories, and the dry ones bought would do, or if preferred home made, the following recipes are suitable.

Cheese Biscuits.—Four oz. flour, two oz. butter, two oz. finely grated cheese, small teaspoon salt, half teaspoon baking powder, quarter teaspoon dry mustard, pinch of cayenne, one egg yolk, two tablespoons cold water, squeeze of lemon juice, and egg yolk to glaze. Sift dry ingredients, rub in the butter lightly with the tips of the fingers, add the cheese and mix well. Bind all together with the egg yolk mixed with lemon and water. Knead a little on a lightly floured board, and roll out about one-eighth of an inch thick, and stamp or cut out. Place on a greased slide, and glaze with any of the egg mixture left over, and bake in a moderate oven from eight to ten minutes.

Water Biscuits.—Half lb. flour, two ozs. butter, half teaspoon of salt, water to mix. Sift salt and flour, rub in butter finely, and mix with water to a smooth dough. Turn on to a floured board, and knead until quite smooth, roll out very thinly, cut into rounds, prick with a fork, and bake in a moderate oven till pale brown and crisp.

Ideas for Ornamenting Biscuits.—

Slice of tomato, smaller one of cheese, topped by gherkin.

Slice of tomato, cucumber, small cube of beetroot.

Slice of tomato, strips of egg white, criss-crossed, with a little of the sieved yolk for decoration.

Slice of beetroot, topped by slice of hard boiled egg, then slice of olive, small portion of tomato, or gherkin.

Aim for color contrast. A small smear of salad dressing helps the decorations to stick together, and adds piquancy.

A small slice of liver sausage, garlic sausage or pork sausage may have a little chow-chow pickle, and be sprinkled with grated cheese.

Devilled Cheese Crackers.—Melt one and a half cups of diced cheese; mix one teaspoon mustard with two of Worcestershire sauce till lumps are out, and add to the cheese with two tablespoons (two oz.) butter, one tablespoon vinegar, quarter of a teaspoon salt, one-eighth of cayenne. Stir till well blended, then taste to see if it is right for your particular fancy. This mixture will keep, and is sufficient to spread about fifty crackers.

Mock Pate de Foie Gras.—One calf's liver (20 oz.), quarter of a teaspoon pepper, few grains of cayenne, quarter of a teaspoon of ground nutmeg, one and a half teaspoons mustard, three tablespoons of water in which a minced onion has been boiled, quarter of a cup of liquid from boiling calf's liver, three-quarters of a teaspoon of salt. Cook calf's liver in salted water till very tender. Put on in tepid water, bring slowly to boil, then simmer for about one and a half hours. Put through the mincer and moisten with two tablespoons of melted butter. Work into a paste with the butter and seasonings. Pack into buttered jars, and cover with melted butter, and set aside to be used for sandwiches, or to serve on biscuits for afternoon tea or supper. Use the liquor as a basis for soup.

EXTRA PUDDINGS NOT INCLUDED IN THE DINNER MENUS

Tasse, or Overnight Pudding.—Put one teaspoonful of carb. soda and two tablespoons of good dripping into a basin, and pour over them one and a half cups of boiling water. Stir till dissolved, and put away for 20 minutes. Then add one good cup of cleaned fruit (sultanas, currants, raisins), a little candied peel, two good cups of flour, half teaspoon cinnamon, one-third of a teaspoon of spice, quarter of a nutmeg (grated), and three-quarters of a cup of sugar (raw or brown for preference). Let it stand overnight, and next day steam in a well-greased basin for three hours. This makes a big pudding and tastes like a good plum pudding.

Steamed Apple Sponge.—This is a good idea if you do not wish to use the oven. Stew two lb. apples in a saucepan which will be about half full when they are cooked, adding about two tablespoons of sugar and a little water. When the apples are soft, pour over them the following mixture: One small cup of self-raising flour, one oz. butter, two oz. sugar, 1 egg and a little milk. Rub butter into flour, beat egg well with sugar, then add milk, and mix to a thick batter. Pour over the apples, put the lid on the saucepan, and cook for about 20 minutes, being careful not to burn the apples.

Lemon Tart de Luxe.—Make a pie-shell about eight inches in diameter, using a good short crust, or the Hot Water Pastry method. It is a good idea to grease the outside of an aluminium, tin or enamel pie-plate, or even a sponge sandwich tin would do. Lay the pastry over the dish, and trim the edges nicely, fluting them with the fingers. Bake in a fairly hot oven for the first ten minutes, then lower heat, and continue cooking for another 20 minutes. Remove from oven, and put pastry side down on a wire cooler, and gently remove the tin from the inside of your "shell." Allow to cool, then slide it on to the plate on which it is to be served, and fill with the following mixture: One tin of sweetened condensed milk, half cup of lemon juice, grated rind of one lemon or quarter of a teaspoon of essence of lemon, two eggs (yolks). Mix in a basin in that order, and stir for a few minutes when the filling will thicken. Pour gently into the pie-shell. Cover with meringue made by beating the egg whites stiff and adding two tablespoons of granulated sugar. Beat till the whites are dry and will hang when you raise the beater. Bake until tinted and crisp in a very moderate oven. May be served warm, but is delicious chilled.

American Cream Pie.—Make a pastry case as above, and fill with the following mixture: One pint of milk, two tablespoons sugar, two oz. butter, two tablespoons flour, two eggs. Take sufficient of the milk to blend the flour smoothly with the sugar; bring the rest of the milk to the boil, and pour slowly over the blended flour, stirring well to prevent lumps. Return to saucepan, and add the butter, a pinch of salt, and cook for about five minutes, stirring well, and being careful not to burn. Remove from fire, and beat in the two egg yolks. When the mixture is cool add flavoring as desired, and pour into pastry cases. Beat the whites of eggs stiff and add two tablespoons granulated sugar; cover top of filling, and bake in slow oven till crisp and tinted. Serve cold.

A variation may be made by adding two tablespoons of good cocoa to the flour when mixing, or add a dessertspoon of coffee essence at the last for Coffee Cream Pie.

Hot Water Pie Crust.—Eight oz. flour, five oz. lard, half teaspoon salt, half teaspoon baking powder, and half cup boiling water. If you prefer it, use six oz. plain and two oz. self-raising flour instead of the baking powder. Sift flour, etc., together. Cream lard, adding water gradually. Beat till light and creamy. Add dry ingredients, mixing lightly with a knife. When pastry leaves the sides of the bowl clean, turn on to a lightly floured board and roll out. Very suitable for small pies, tarts, etc., as it may be rolled out thin. If liked sweet, add a tablespoon of sugar when creaming the lard.

Loganberry or Raspberry Whip.—One box fruit, one small cup of sugar, one pint water and two tablespoons arrowroot. Boil sugar and water, and thicken with the two tablespoons of arrowroot mixed with a little cold water and a wee pinch of salt. Cook for a couple of minutes. Wash fruit quickly, if you think it is dusty, and crush with a fork, add to the mixture and allow to get cool. Beat the whites of two eggs till stiff, and then beat them through the pudding till it is light and foamy. Put into a mould to set. The yolks of eggs may be made into a custard to serve with it.

Ice-Cream Without a Freezer.—Make a custard with one pint of milk, a good half cup of sugar, and three eggs. Beat eggs and sugar well together, and pour the boiling milk over them. Return to saucepan and, stirring all the while, cook gently for about a minute, or until the custard seems to move backwards when you cease stirring and take the spoon out. Stand the saucepan in cold water, and stir the custard occasionally as it cools. The heat of the saucepan will often go on cooking it. When quite cold, add two teaspoons of vanilla or raspberry essence. Freezing takes off a lot of the sweetness and the flavoring.

Use a quart tin billy for the ice-cream and a bucket, basin, or much larger billy into which it will go, allowing about three inches of space all round it. Begin by putting three inches deep of crushed ice in the bottom, filling in the crevices with coarse salt (the butcher will sell this). Stand your billy on this, and fill up all round with crushed ice and salt, using about two-thirds ice and one-third salt. It is enough to have the ice, etc., to within a half inch of the top, in case some salt might get in by accident. Twirl the billy round by the handle now and then, or take the lid off carefully and stir the cream from the sides to the centre. Keep in as cool a place as possible, and it should be ready in a couple of hours.

Gooseberry Fool.—To a pint of stewed sieved gooseberries allow one pint of thick custard. When the custard is cold, add it to the gooseberry purée. Chill if possible, and a little whipped cream stirred through at the last is an improvement, but not essential. For a medium sized "fool" use one lb. gooseberries, three oz. sugar and quarter of a pint of water, and unless you have a fairly fine sieve it would be better to top and tail them before cooking.

Rhubarb Fool.—Use stewed rhubarb instead of gooseberries.

Strawberries, Raspberries or Loganberries may be used also. There is no need to cook them. Rinse quickly and pick over, hulling the strawberries, then mash with a silver fork for preference, and stir the cold custard through.

Fruit Betty.—Sometimes with stewed fruit there is a lot of juice. This need not be wasted, but makes a nice pudding. Line a basin with pieces of stale bread, with all the crusts cut off, and moisten with the juice. Then add some of the fruit, more pieces of bread, more juice, and so on. Put a saucer on top, and a weight on the saucer, and stand for a few hours till quite cold. If you would like a hot pudding, put the basin in a saucepan of water and steam for an hour. Boiled custard or cream may be served with it in either case.

Plums, peaches or apricots are all suitable for this pudding.

Velvet Pudding.—One and a half pints of milk, two tablespoons cornflour, pinch of salt, quarter of a cup of sugar, three eggs. Mix yolks of eggs, sugar and cornflour together, adding a little milk till it is a thick creamy consistency. Have the remainder of the milk boiling, and stir on to the cornflour, etc., avoiding lumps. Return to saucepan and, stirring all the time, cook for a few minutes. Add vanilla essence to flavor, and pour into a buttered pie-dish. Beat the whites of the eggs stiffly, and fold in quarter of a cup of sugar and a dessertspoon of lemon juice. Beat till it will hang from the beater. Spread this on top of pudding, and bake in a warm oven, standing pie-dish in a dish of cold water to prevent the bottom part over-cooking. Cook for about an hour till it is crisp and palely tinted.

BISCUITS, CAKES, ETC., SUITABLE FOR ALL OCCASIONS

General Directions.—Biscuits and sponge cakes require a moderate oven, about 375 deg. to 400 deg. Scones, pastry, small queen or rock cakes require a hot oven, 450 deg., to rise and set quickly. Cakes with just a little fruit, but cooked in fair sized tins, require 375 deg. to 400 deg.

Good fruit cakes require long, slow cooking, at about 375 deg. It is a mistake to put a cake into too hot an oven, as this causes it to set on top before it is sufficiently risen. The cake should rise as much as it is going to before it begins to brown. Modern stoves, equipped with thermometers, make cooking a great deal more exact, but even these vary, and it is well to get to know your own particular oven, and what position suits each variety of cake. Keep a note for future guidance.

Where there is no thermometer, a good guide is to put a piece of white paper in the oven. Moderate heat will turn it pale brown in two minutes (gas) and four minutes (one-fire). Hot will turn it a deeper shade, and very hot will turn it dark brown. As the distance of shelves from the tops of ovens varies, it would be well to make some tests. Touch a sponge sandwich lightly with the fingers, and if it seems to resist, it is done. Cakes shrink away from the sides of the tin when cooked, and fruit cakes have a "ticking" noise. Test fruit cakes or large plain cakes with a skewer before moving from the oven, holding the door as little open as possible. If the skewer comes out clean, the cake is done. If not, shut the door gently, and cook a little longer.

A good idea when mixing fruit cakes is to mix the fruit through the flour first, and then add fruit and flour together to the creamed butter, sugar and eggs.

Bermaline Brown Bread.—Three heaped cups of plain flour, one heaped cup of bran, one big teaspoon carb. soda, two big teaspoons cream of tartar, one teaspoon salt, one tablespoon treacle, one bare cup of boiling water, one bare cup of milk. Sift flour, rising and salt, add the bran, and mix well. Dissolve the treacle in the boiling water, and then add the milk slowly. Pour into the dry ingredients, and mix thoroughly. Cook in one or two loaves in greased tins in a moderate oven for an hour to an hour and a half, according to the size and depth of loaf. Test it with a skewer.

N.B.—When measuring carb. soda, always crush the lumps out and then measure.

Sultana Tea Cake.—Half lb. flour, two level teaspoons cream of tartar, one level teaspoon carb. soda, pinch of salt, four oz. sugar, two oz. butter, four oz. sultanas, one egg, and a small cup of milk. (Use self-raising flour if preferred.) Sift flour, rising and salt. Cream butter and sugar, add beaten egg and milk, then flour and sultanas. Bake in greased tin in moderate oven for 30 minutes. While hot, split, and spread with butter. Serve hot.

Brownie.—Eight oz. wholemeal self-raising flour, three oz. light brown sugar, one oz. butter, four oz. mixed fruit (sultanas, currants, etc.), one dessertspoon of cinnamon, one egg, one teacup of milk. Cream butter and sugar, add egg, and beat well. Then add milk, and lastly flour, cinnamon and fruit. Place in a greased loaf tin, and bake in a moderately hot oven 30-40 minutes. When cold, slice and spread with butter.

Lord Murray Loaf.—Sprinkle one teaspoon of carb. soda over one cup of stoned dates, one tablespoon butter, one cup sugar. Pour one cup of boiling water over all, and beat to a thick cream. Add one beaten egg. Sift in two cups of flour, one teaspoon of baking powder and a pinch of salt. Bake in a moderate oven one and a half hours in a loaf tin. Seeded raisins may take the place of dates.

Nut Loaf.—Two cups self-raising flour, half cup sugar, one rounded dessertspoon butter, one cup of milk, one egg, half cup chopped nuts, one teaspoon salt. Rub butter into flour, add dry ingredients. Beat egg well, and add the milk; mix all well and cook in greased loaf tins for about 35-40 minutes. It should be mixed rather moist. Enough for two tins. Grease the lids as well as the tins, and cook in a moderate oven.

Gem Scones.—One oz. butter, two oz. sugar, six oz. flour, pinch of salt, one level teaspoon carb. soda, two level teaspoons cream of tartar, one egg, three-quarters of a cup of milk. Cream butter and sugar, add egg, beat well, then add milk, and stir in the sifted flour, etc. Heat the gem irons till they sizzle when greased, and put the mixture in as quickly as possible. Bake from seven to ten minutes in a hot oven.

Self-raising flour may be used if preferred.

Gem Scones (with Wholemeal).—Use wholemeal self-raising flour, and the preceding recipe, and after you have put the mixture in the gems, place a stoned date, or a couple of raisins in each one.

Pikelets.—Half lb. flour, one teaspoon carb. soda, two teaspoons cream tartar, pinch of salt, two oz. sugar (or more if liked sweeter), two eggs and enough milk to make a batter that will drop easily from a spoon. Sift dry ingredients, make a well in centre and drop in the yolks of eggs, mix flour in from the sides, adding a little milk till it is free from lumps and a nice consistency. Beat the whites of eggs to a stiff froth, and fold in just before you are ready to commence cooking. Have a girdle, or oven slide, well heated, and rub over well with buttered paper. Drop the batter on in small spoonsful, and turn with a broad knife when bubbles appear. When the second side is nicely browned, they should be cooked. Lift off on to a folded cloth. May be cooked on top of the one-fire stove, and easily moved to the required heat. If using gas, a scone tray over the griller gets the heat very well distributed. Electric heat is easy to manage.

Munchies.—One cup each of flour, sugar, rolled oats and coconut, quarter of a lb. of butter, one tablespoon golden syrup, one small spoon carb. soda, two tablespoons boiling water. Mix the dry ingredients, melt the butter and golden syrup in the water, and add soda when boiling; use a saucepan big enough to allow the mixture to fizz up. Add the dry ingredients, mix well, and drop in spoonsful on a greased oven tray, leaving room for them to spread. Bake in a moderate oven till they are a deep golden brown. Remove from the tray at once with a broad knife, and place on a wire when they will harden. If they get hard on the slide before you get them off, return to the warm oven for a few minutes.

Bran Biscuits.—Quarter of a lb. butter, quarter of a lb. sugar, one egg, one cup self-raising flour, two cups bran. Cream butter and sugar well, and add egg. Mix flour with bran, and add gradually to the other ingredients, working well in. Roll out about one-eighth of an inch thick, and bake in a slow oven for 10-15 minutes till a pale golden brown.

Sweet Biscuits.—One lb. flour, one teaspoon carb. soda, two teaspoons cream of tartar, pinch of salt, sieved together; half lb. sugar, quarter of a lb. butter dissolved in half a cup of boiling water. Stir till dissolved, then mix in the flour gradually, mixing well till it will handle easily. Roll out thin on a very lightly floured board, cut into rounds, and bake a golden brown. The thinner they are the better they taste.

Good Shortbread.—Four oz. castor sugar, 10 oz. butter, one lb. plain flour. Cream butter and sugar slightly, then work in the sifted flour gradually, working until it is all one lump, and there is nothing on the sides of the basin. Cut into five equal portions. Roll each lump into a ball, and flatten out until it is about half an inch thick, and a nice round. Pinch the edges between the first finger of one hand, and the thumb and finger of the other; cut across four times, half, quarters, and eighths. Prick each piece with a fine sharp fork. Put on greased paper on a cold oven shelf, and bake half an hour in moderate oven. Do not move from oven shelf till cold. Wrap in greaseproof paper, and store in an airtight tin. A small piece of orange or lemon peel may be used to decorate each section if liked.

N.B.—If circles are not a suitable shape for your oven, make five oblongs, pinch them up on each side, and then cut across and across diagonally like a rick-rack, and that will give you your wedge-shaped pieces. It is as well to place it on the oven shelf before making the cuts.

Yo-Yos.—Four oz. butter, two oz. icing sugar, six oz. plain flour, two oz. custard powder. Cream butter and sugar, and work in the sifted flour and custard powder. Roll into small balls, and flatten with a fork, making fairly deep prong marks. Bake in a medium oven till light brown, and join together with plain or butter icing.

Brown Biscuits.—Half lb. flour, quarter of a lb. butter or good dripping, quarter of a lb. sugar, one teaspoon cream of tartar, half teaspoon carb. soda, one egg, one dessertspoon treacle, two teaspoons cinnamon. Cream butter and sugar, add egg beaten well, then add treacle. Sieve dry ingredients together, and add to the mixture. Roll out fairly thin, and cut into shapes. Bake in fairly quick oven, but be careful not to burn. Join together with plain or coffee flavored icing.

Finger Biscuits.—Half lb. flour sieved with one big teaspoon of baking powder and quarter of a teaspoon of salt, four oz. butter, two oz. sugar, one egg yolk and one tablespoon cold water. Cream butter and sugar, add egg yolk mixed with water, then mix in flour, etc. Roll out a little more than one-eighth of an inch thick, and cut into long strips about three inches wide. Spread with icing, and sprinkle with chopped nuts or coconut. Some of each is a good idea. Cut in strips one inch wide. Bake in a moderate oven, above the browner for preference. They should be pale fawn color.

Icing.—Five tablespoons rolled icing sugar, blended with the white of egg. Mix till it will spread evenly on the biscuits.

Viennese Biscuits.—Four oz. butter, four oz. castor sugar, eight oz. plain flour, half teaspoon cream of tartar, quarter of a teaspoon carb. soda, two oz. cornflour or ground rice, one egg. Cream butter and sugar well, then mix egg in thoroughly. Sift flour and ground rice (or cornflour) with rising and a pinch of salt, and blend in; add a little vanilla or almond essence. Mix well, and divide the mixture in half. Roll out, and cut into rounds. Take the pieces from this, and work them together, and put in a biscuit forcer with a "star" opening. Place a little raspberry or apricot jam in the centre of each biscuit, and force a circle of mixture in the centre of each. If the surrounding pieces are not sufficient to make the tops, use some of the second half, and this will be a guide as to how many more rounds you can cut out, and how much you will need to reserve for the tops. Cook in a moderate oven, for 15-20 minutes, being careful not to brown too much, but be sure they are cooked through, as they are rather thick in the centre.

Cocoa Biscuit Cake.—Four oz. butter, four oz. sugar, two large dessertspoons of cocoa, one teaspoon vanilla, one egg, half lb. Marie biscuits, some chopped walnuts. Melt butter and sugar in a saucepan, blend in cocoa, beat the egg and add, then essence. Crush the biscuits, and mix all together. Line a flat tin with greaseproof paper, and flatten mixture in it. When cool, cut into squares or fingers.

Chocolate Ripple Cake.—Half lb. chocolate ripple biscuits, one teaspoon castor sugar, three-quarters teaspoon gelatine, half pint cream, vanilla essence, chopped nuts. Add sugar, gelatine, and a little vanilla essence to cream, and whip until very stiff. Join biscuits together with generous spread of cream. Cover all over with cream, and sprinkle with chopped walnuts, or chocolate ripple crumbs. Allow to stand at least six hours to set, and if placed in the ice-chest it will greatly improve it. When cutting, cut diagonally, and you will get a striped effect by cutting across two or three biscuits, otherwise you would just cut in between them.

Apple Cake.—Stew about two lb. apples with sugar and very little water till soft and fluffy. For the cake, use quarter of a lb. butter, one egg, four oz. of sugar, two tablespoons cold water, half lb. flour, half teaspoon carb soda, one teaspoon cream of tartar, one teaspoon cinnamon. Beat butter and sugar to a cream, add the egg well beaten, cold water, and lastly the flour and dry ingredients sifted together. Knead slightly, and then roll out on a lightly floured paper to twice the length required. Spread half with the warm apples. then lift the other half (with the paper, as the mixture is very soft), and fold over apples. Remove top paper carefully, and tear off. Pinch edges together to seal the pastry at edge. Slip hot slide under cake, and bake in a fairly quick oven, about the middle, for 20-30 minutes. Serve hot for pudding, or cold sliced for afternoon tea.

Apple Chocolate Cake.—One cup of stewed unsweetened apples, half cup chopped walnuts, one cup raisins, one and a half teaspoons cinnamon, one dessertspoon cocoa, one small teaspoon carb. soda dissolved in a quarter of a cup of milk, one cup sugar, two cups plain flour, pinch of salt, six oz. of butter. Cream butter and sugar, add cold stewed apples, and beat again; then add all dry ingredients (except soda) sifted together. Add raisins and walnuts, and lastly milk with soda dissolved in it. Bake in a moderate oven from three-quarters of an hour to an hour. When cold, ice with chocolate icing, and sprinkle with chopped walnuts.

Raspberry Shortbread.—Four oz. butter, three oz. sugar, half lb. self-raising flour, one egg and about a dessertspoon of milk. Cream butter and sugar, add egg and milk, then the flour, mixing to a paste. Place in a greased flat tin, and press out with the hands, as it is rather difficult to handle a large piece. Spread with raspberry or apricot jam, or half of each (one end raspberry and one end apricot), and spread with the following mixture: Three oz. sugar, three oz. coconut, and one egg. Bake in a moderate oven, about half an hour till a light brown. If preferred, make small tartlets, cutting the paste with a biscuit cutter, putting in tins, add a spoonful of jam, and then top with the coconut mixture.

A slightly different result is obtained by using the two yolks of eggs to mix the biscuit part, and the two whites for the topping.

Strawberry Tartlets.—Line some patty pans with a good short crust, or biscuit pastry, sweetening the short crust with about a dessertspoon of sugar to eight oz. flour. Bake in a hot oven till nicely colored, about ten minutes. Slip carefully on to a cake stand to cool. Fill with three or four hulled strawberries. Sprinkle the fruit with some syrup to make it shiny, but do not wet the tarts with it. For the syrup boil half a cup of sugar with two tablespoons of water, without stirring for about five minutes. Do not allow it to turn to toffee by overboiling. Cherries, raspberries or blackberries may be used instead.

Mock Cream Filling.—(b) Beat together for ten minutes one tablespoon ordinary sugar and one tablespoon butter, add gradually one tablespoon good milk. Now add one tablespoon of boiling water. It will look a failure, but keep on beating and a nice cream will be the result. Flavor with vanilla.

SMALL CAKES

Queen Cakes.—Three oz. butter, three oz. sugar, two eggs, two tablespoons milk, six oz. self-raising flour. Cream butter and sugar, add eggs, beat well, add milk with a few drops of essence in it. Fold in sifted flour, and bake in a fairly quick oven (425 deg.) for seven to ten minutes, in small greased patty tins. These cakes may be iced, or have a few currants added to each, or a strip of candied peel laid on top before cooking.

Variations: (1) Butterfly Cakes.—Take a sharp old teaspoon, and scoop a piece from the centre of the top of each cake. Fill the cavity with whipped, sweetened and flavored cream, and cut the little pieces in halves, arranging them in the cream to form "wings." Dust over with icing sugar just before serving.

(2) **Snowballs.**—Cook in gem irons, and ice with chocolate icing, roll in desiccated coconut.

(3) **Jelly Cakes.**—Cook in gem irons, and make a red jelly, using rather less water than directed. When the jelly is practically setting, roll the cakes in the jelly, and then in desiccated coconut. Put aside till the jelly is quite set.

Fairy Cakes.—Four oz. butter, four oz. sugar (castor if possible), four oz. flour, four oz. cornflour, one teaspoon of baking powder, two eggs, and essence of lemon. Cream butter and sugar, add well beaten eggs, then sifted dry ingredients, and bake in patty tins in a moderate oven for 15 minutes.

N.B.—In regard to cooking small cakes, the paper cases are handy, but the extra trouble required by the use of little tins is well repaid.

Cheese Cake Tartlets.—Have some rough puff pastry, and the queen cake mixture. Raspberry or apricot jam, or lemon cheese. Roll out pastry, not too thin, and stamp into rounds with a fluted cutter about half an inch larger in diameter than the top of your little tins. Fit the pastry in the greased tins, put half teaspoon of jam on, then one good dessertspoonful of the cake mixture. Make a little twist of pastry on top of each, from the trimmings. Bake in a brisk oven for ten minutes, then slowly for another ten.

A large one, made in a deep plate or sandwich tin, latticed across top of raw cake with strips of pastry, and cooked for about one hour, makes a nice dinner sweet. Serve with boiled custard or lemon sauce.

These cheese cakes may also be made with biscuit pastry. By making biscuit pastry and queen cake mixture you can have a variety—make a few queen cakes, some with sultanas, and some to ice, make a few biscuits, and then use up the remainder of both mixtures to make cheese cakes.

Melting Moments.—Two oz. each of butter, flour, cornflour and sugar, half teaspoon baking powder, quarter of a teaspoon of vanilla, one egg. Cream butter and sugar, beat egg into it, sift in flour, etc., and add vanilla. Drop on greased slide in teaspoonsful. Bake in moderate oven for ten minutes. When you are ready to use them, slip a knife in near the top, and insert a spoonful of whipped cream, and a little apple jelly.

Cream Puffs.—Two oz. butter, two oz. sifted flour, two eggs, five good tablespoons cold water. Sift the flour on to a paper, boil butter and water, and whilst bubbling add the flour, stirring all the time. (Having the flour in the paper makes it easier to manage.) Cook, and stir, preferably with a wooden spoon, till it leaves the sides of the saucepan—about as long as it takes to count ten, slowly. Put away to cool a little while you beat the egg. Add one-third of the egg, beat well till it is all absorbed, then another one-third, beat well, then add the rest and beat well. Put dessertspoonsful on a greased cold oven tray, and bake in a hot oven till dry and crisp. Put the tray about half way down a hot oven, as you do not want to brown them much. Do not look for about 15 minutes, and then just peep. If they are well risen, lower the heat a little, and continue cooking for another 10 to 15 minutes. They should be thoroughly dry and crisp. Cool off in a warmish place, away from draughts. When cold, split open and fill with whipped, sweetened and flavored cream. Dust with icing sugar before serving. A simple way to do this is to use a small wire tea strainer, and take a lump of icing sugar and rub it through the strainer over the puffs, thus getting the sugar exactly where you wish.

Chocolate Eclairs.—Boil together half pint of water and two oz. butter. Stir in five oz. sifted flour, and stir till the mixture leaves the sides of the saucepan. Beat three eggs well, and add gradually as in the recipe for cream puffs. Put in a biscuit forcer with a wide opening, and make fingers about three or four inches long. Cook as for cream puffs. Split open at one side and fill with cream, and ice the tops with a thin coating of chocolate icing.

N.B.—An enamel saucepan is really best for these, as the mixture is apt to become greyish when stirred in aluminium, but the use of a wooden spoon lessens this tendency.

CAKES

Cakes may really be divided into three kinds: Light sponge cakes, with little butter; plainer cakes with more butter, but not very much fruit; rich fruit cakes. Recipes are given for each class, sufficient to give a sound basis for cake-making.

Sponge Sandwich Cake.—Four eggs, one small cup sugar (plain or castor), one breakfastcup of flour (level), one teaspoon cream of tartar, half teaspoon soda, pinch of salt—or one breakfastcup of self-raising flour, take out two tablespoonsful and replace with plain flour—two tablespoons boiling water, small knob of butter. Divide the whites of the eggs from the yolks, and beat to a stiff froth. Beat the yolks of the egg and the sugar till light and creamy, add carefully to the stiffly beaten whites; now fold in the well sifted flour, and lastly stir in the boiling water with the butter dissolved in it. Pour into sandwich tins which have been greased and lightly dusted with flour, and cook in a moderate oven 15-20 minutes. Fill with cream and dust with castor sugar.

Variations.—Color half pink with raspberry essence, join with jam, and ice with raspberry flavored icing.

Chocolate Sponge.—Sieve two tablespoons of good cocoa through the flour, and add a little more water. Ice with chocolate icing.

Cinnamon Sponge.—Sieve two teaspoons cinnamon through flour. Fill with whipped cream, or mock filling, ice with white icing, and decorate with preserved ginger or blanched almonds.

Party Idea.—About four and a half dozen pieces of cake may be made at one baking if your oven will take two sandwich tins on one shelf, and a long gingerbread tin on another. Make double the quantity of sponge sandwich, and cook half in the sandwich tins, and the remainder in the long single tin. Make two jellies, one red, one green, using rather less water than stated on the packet, and set them in slightly smaller sandwich tins than those used for the cake. Spread each half of the sponge with whipped, sweetened and flavored cream, and then turn out the jelly on top. This takes practice (slightly greasing the tins will help turn the jelly out). Or turn the tin containing the jelly upside-down over the prepared cake, and gently rub a warm wet cloth over the bottom of the tin. The jelly will spread a bit when turned out, that is the reason for setting it in a smaller tin if possible. Cut with a sharp knife one round in the centre and 12 or 13 pieces of the rest. Now, divide the slab of cake into three, split and fill with cream, jam, or lemon butter, and ice with orange, raspberry, and chocolate icing. Thus you will have a colorful variety for a children's party, with very little baking trouble.

Butter Sponge.—Quarter of a lb. of butter, eight oz. self-raising flour, nearly half a cup of milk, and three eggs, six oz. castor sugar. Cream butter and sugar well, add beaten eggs by degrees, then the milk, essence and flour. Put in sandwich tins, and bake in a moderate oven about 20 minutes. This makes a large sandwich.

Chocolate Cake.—Four oz. butter, eight oz. sugar, three eggs, eight oz. flour, one teaspoon carb. soda, two teaspoons cream of tartar, pinch of salt, two tablespoons cocoa, six tablespoons milk. Beat butter and sugar to a cream, add eggs beaten well, add milk, then stir in the sifted dry ingredients. Put in sandwich tins and bake in a moderate oven for 15-20 minutes. Join together with chocolate icing or whipped cream, and ice the top, and sprinkle with chopped nuts, ginger or coconut.

Rainbow Cake.—Half lb. butter, twelve oz. sugar, one lb. flour, two teaspoons carb. soda, four teaspoons cream of tartar, four eggs, three-quarters of a cup of milk, two tablespoons grated chocolate or one of cocoa, vanilla or essence of lemon, raspberry essence or cochineal. Have three sandwich or cake tins the same size, grease them and dust out with flour. Cream butter and sugar, add well beaten egg, then flour with rising and salt sifted through, adding the milk gradually as you mix in the flour. Divide the mixture into three; add essence of lemon or vanilla to one, chocolate or cocoa to the second, and a teaspoon of good raspberry essence to the third.

Put into tins, and bake in a moderate oven for 20-30 minutes. When cold, put together with sieved jam, and ice with soft icing, decorating as occasion demands.

Marble Cake.—(a) The above recipe may be used, only putting the cake in large spoonsful in the one tin, varying the colours, and it will take a little longer to bake, up to three-quarters of an hour.

(b) Brown and White.—Mix in two basins. For the brown part, four oz. butter, four oz. sugar, two egg yolks well beaten, three tablespoons milk, one good tablespoon cocoa sieved with one cup of self-raising flour (six oz.). For the white part, four oz. butter, four oz. sugar, two egg whites whipped stiff, two tablespoons milk, one cup of self-raising flour. Mix each of these as described for rainbow cake, pour half of one mixture, then half of the other into a deep square or oblong tin, then add the remaining halves. Draw a fork through it several times to make the colors go streaky. Bake slowly in a moderately hot oven for 40-45 minutes. Let stand a minute or two when lifted from the oven, when it will shrink from the sides of the tin, and turn out gently on a rack to cool. If you handle a cake carefully, it is possible to turn it right side up to cool, as it is apt to flatten the top if it is left upside-down.

Tiger Cake.—This is a little expensive, but a beautiful cake, and something out of the usual. Quarter of a lb. of butter, six oz. castor sugar, eight oz. self-raising flour (take out one tablespoon and replace with plain flour), three eggs, nearly half a cup of milk. Cream butter and sugar, and add well beaten eggs by degrees, milk with a little vanilla essence in it, then fold in flour without too much beating. Make half brown by adding one large tablespoon cocoa, or one dessertspoon of coffee essence, and color the other half very yellow with yolkine. Bake in sandwich tins in a moderate oven for 15-20 minutes. When cold, split cakes and put together in layers, yellow and brown, leaving the nice brown surface for the top. Join layers together with coffee butter.

Coffee Butter.—Three oz. butter, three oz. castor sugar, one teaspoon vanilla essence, one tablespoon coffee essence. Cream butter and sugar, and add essences. This is sufficient to spread cakes for joining. Press them firmly together, and then spread the coffee butter all round the sides of the cake. Have some walnuts very finely chopped on a piece of cooking paper. Turn the cake on its side, and roll through the chopped nuts, till the sides are covered. The cake improves by keeping a couple of days, but on the day it is to be used, or perhaps the day before, ice with the following icing.

Toffee for Top of Cake.—Put six oz. sugar, four tablespoons water, one teaspoon butter in a saucepan. When the sugar has dissolved boil all together without stirring till a golden brown, and some dropped in a cup of water sets like toffee. Pour at once on top of the prepared cake, which should have a stiff piece of paper pinned round it, standing up a little higher than the cake, to prevent the icing going over the sides. It will begin to set at once, and before it has quite set mark off into slices with the back of a knife. If the knife sticks and tears the toffee away, wait a few minutes till you can make lines on it without sticking. Later on you can cut through these lines quite easily. Now make a small quantity of royal icing for piping the top. Take about half a cup of sieved or rolled icing sugar, and mix with a little egg white till it is smooth, and will hang from a spoon or knife. Pipe fine lines along your indentations, and then make rosettes at the centre of the cake, and all round the edge at fairly close intervals, centring each rosette with a silver cachou ball.

Pavlova Cake.—Four egg whites, eight oz. sugar, pinch of cream of tartar, two teaspoons vinegar or lemon juice, one dessertspoon cornflour. Beat whites of eggs stiffly. Fold in sugar gradually, beating until it is dissolved. Then add other ingredients. Line a nine-inch cake tin with slightly moistened grease-proof paper, allowing the side lining to stand up about four inches deep. Fill with the mixture, and bake one and a half hours in a slow oven. Turn out, leaving upside-down to cool. It may sink slightly in the middle. Fill this depression with sweetened whipped cream, flavored with passionfruit, pineapple, oranges, or all three. Serve with spoons as an "extra" at a special afternoon tea, or use as a dessert.

FRUIT CAKES

Boiled Fruit Cake.—Quarter of a lb. butter, one lb. mixed fruit, one teaspoon spice, one teaspoon carb. soda, one cup sugar, one cup of cold water, quarter of a lb. of walnuts (if liked). Put all these in a saucepan and boil for two minutes. Have two eggs well beaten, and one cup of plain flour and one cup of self-raising flour sifted together. Remove saucepan from fire, cool a little, then add well beaten eggs, and fold in the sifted flour. Put in a well greased cake tin, and make in a moderate oven for one hour. This cake is better left for a couple of days before being cut, and it will keep moist a long time.

Good Fruit Cake (suitable for Christmas or Birthdays).—One lb. butter, one lb. sugar, nine eggs, three-quarters lb. plain flour, three-quarters lb. self-raising flour, one lb. currants, half lb. chopped and seeded raisins, half lb. sultanas, quarter lb. mixed peel, quarter lb. chopped almonds. Cream butter and sugar thoroughly. Beat whites of eggs to a stiff front, and then drop in the yolks one by one. Add gradually to the creamed butter and sugar. Have fruit, peel, and blanched almonds mixed with the flour, and add gradually to the butter and eggs. Mix well, and bake in a moderate oven (375 deg.) for about four hours. May be cooked quicker for a shorter period, but this does not make such a good cake. It is the long slow cooking which helps to make a fruit cake dark and rich.

Plain Fruit Cake.—Six oz. butter, six oz. sugar, three eggs and a little milk, six oz. plain flour, six oz. self-raising flour, six oz. sultanas, six oz. currants. Cream butter and sugar, add eggs one at a time, and beat in well; add milk with a few drops of essence of vanilla or almond essence. Mix fruit through the sifted flour, and then add gradually to the butter mixture. Put in a greased tin, lined with paper, and bake in a moderate oven for one and a half hours. Half a nutmeg grated, or one teaspoon of cinnamon may be used in place of the essence.

Rich Fruit Cake.—Will keep for months, fresh and soft. One lb. plain flour, quarter lb. self-raising flour, quarter teaspoon salt, half grated nutmeg, one teaspoon cinnamon, half teaspoon mixed spice, eight eggs, one lb. butter, one lb. sugar, one and a half lb. sultanas, three-quarters lb. raisins (chopped), three-quarters lb. currants, quarter lb. dates or dried figs (chopped), quarter lb. candied peel, two or three oz. of crystallised cherries cut in halves, two tablespoons brandy or rum (rum for preference), one dessertspoon treacle, and quarter teaspoon carb. soda dissolved in one tablespoon boiling water.

Cream butter and sugar well, add eggs one at a time, beating in each one. (It is best to use the hand when making a cake of this kind.) Have the flour and spices sieved together, and the fruit picked over and cleaned well. Add the flour and fruit alternately to the egg mixture, mixing, but not beating when adding flour. Now add treacle dissolved in the rum or brandy—if you prefer it, use milk instead—lastly dissolve the soda in boiling water, and scatter it all over the mixture and stir in. This will make one big cake in a tin nine inches square, or two smaller cakes in tins eight inches in diameter. Put into a moderate oven and keep at a good steady heat till the cake is risen and set, which need not be for nearly two hours. At about three hours the heat could be reduced a little if it was getting too brown, or place a thick brown bag over the top. Cook at least four hours, and if you cook it all in one tin, five would be better. A hot oven would cook it quicker, but with not nearly such good results, yet the steady heat must be maintained, or it may be soggy. Gas and electric ovens are easy to regulate.

If using a fire stove, and you have no oven thermometer—which is a wonderful help—test by putting a piece of white paper in; if it turns a pale brown in four minutes it should be hot enough, and if you put a fresh piece of fuel, of about the same size, on at regular intervals, that should maintain an even heat.

Medium Fruit Cake.—Half lb. butter, half lb. sugar, four eggs, half lb. mixed fruit and peel, one lb. flour, two teaspoons cream of tartar, one teaspoon carb. soda, and half cup milk. Cream butter and sugar, add eggs, one at a time, beating well in between each one. Sieve flour with cream of tartar and add alternately with the fruit. Mix well, and stir in at the last the half cup of milk with one teaspoon carb. soda dissolved in it. Place in greased tin, and bake in moderate oven for one and a half hours.

ICINGS

Soft Icing.—For sponge cakes, small cakes, and light cakes that will soon be eaten, soft icing is the best, and may be made in great variety.

Basic Recipe, sufficient for a sponge sandwich: Five oz. rolled or sieved icing sugar, one large tablespoon of boiling water. Blend in a small saucepan, enamel for preference, and when mixed, place over a gentle heat till it is smooth and shiny, but not anywhere near boiling. Place a paper "collar" round the cake to prevent icing from running down sides, and pour on fairly quickly, and it should go even by itself. One teaspoon of butter dissolved in the water improves the flavor, and helps to set it, but is not necessary. If preferred mix in a basin, standing in very hot water. Flavor with vanilla.

Variations.

(a) **Lemon.**—Use lemon juice to mix instead of water.

(b) **Orange.**—Use strained orange juice sparingly, as there is no oil in it which makes it go further than other liquids in icing.

(c) **Chocolate.**—Blend one oz. of finely grated chocolate, or one dessertspoon of good cocoa in the water before adding to the icing sugar.

(d) **Nougat Icing.**—Pound up some toffee, and sprinkle over the icing.

(e) **Raspberry.**—A few drops of good raspberry essence will both flavor and color the icing.

Boiled Icing.—Useful if you have run out of icing sugar. One cup sugar, half cup of milk, small piece of butter about the size of a walnut. Dissolve sugar in milk, and bring slowly to boil. Boil ten minutes without stirring, then pour into a basin and beat till thick and white, and put quickly on cake before it sets.

Boiled Frosting.—One cup sugar, one-third of a cup of water, pinch of cream tartar, proceed as above and boil together without stirring until a fork dipped in the boiling mixture and then held up will "spin a thread." Have one white of egg beaten to a stiff froth, and pour the boiling syrup on gradually, beating till thick and smooth, then pour over cake.

Caramel Frosting.—Half cup castor sugar, one and a half cups raw sugar, one cup of milk, one tablespoon butter. Dissolve sugars in the milk, then boil, without stirring, till a few drops form a soft ball, when tested in cold water (probably eight to ten minutes). Add butter. Remove from fire, leave till cool, then beat till thick and creamy, and use at once.

Meringue Frosting.—One teaspoon gelatine, one white of egg, one cup icing sugar, half cup hot water, flavoring. Dissolve gelatine in hot water, leave until quite cool. Add flavoring. Beat white of egg, add gelatine gradually, then icing sugar, whisking all the time till thick. It may be colored if desired, and raspberry essence will both color and flavor it. Pile between layers of cake and over the top. Sprinkle with chopped nuts, or decorate with sliced crystallised cherries.

Almond Icing.—To each tablespoon of almond meal, use three tablespoons of rolled icing sugar, and two drops of essence of almonds; four of almond meal, and 12 of icing sugar. Blend with some beaten egg, and if liked, a little sherry, mix it very dry. Sift a little icing sugar on to a board, and knead the paste smooth. It should be like firm dough. Do not use the whole egg at first, as kneading helps to mix it. If the cake is nice and level, turn upside down and ice the bottom. If not, cut a slice off the top, and ice that part, if low on the edge pad a little to get a flat top. Take a paper pattern of the cake, on the small side. Brush cake over with white of egg, or a little boiled apricot jam. Divide paste in half, and roll one half to the same width as the depth of the cake, and long enough to go right round. Roll the jammed cake along this, and the icing will stick to it. Smooth over the join. Now roll the remaining almond paste to the size of the top, and brush over the top of the cake with white of egg or jam, and place paste in position. Smooth with the hand, and a rolling pin dusted with icing sugar, and put aside to harden before covering with—

Royal Icing.—One lb. icing sugar, rolled or sieved, two egg whites, squeeze of lemon juice, a drop or two of blue, one large teaspoon glycerine. Beat the egg whites slightly in a china basin. Add the sieved sugar a little at a time, beating each lot in thoroughly with a wooden spoon. Add the lemon juice, a drop or so of blue, and the glycerine just before adding the last of the sugar. When finished the spoon should stand upright in the icing. The blue makes it a real white. See that the almond icing is quite firm (about a day should be sufficient to leave it) before icing with royal icing. If you think the icing is not stiff enough add a little more icing sugar, a great deal depends on the size of the white of egg. Spoon out over the top of the cake, and its weight will most likely make it spread evenly over the top, and commence to go down the sides. Have some boiling water, into which you can dip a broad knife, wipe it, and use whilst very hot to smooth the icing round the sides and on top of the cake. Put aside till quite set, before decorating it.

Ornamentation of Cake.—It is simplest to purchase an icing tube set, with several different nozzles, and with practice quite good results are obtained. Failing this, make a bag from greaseproof paper, cone shaped, and secure at top join with a small pin, cut a wee hole in the bottom, and squeeze out the icing. When you have finished any writing, cut the hole larger, and make a fancy scroll edge, or leaves or flowers. Use a small quantity of royal icing for piping, but it must be very stiff, so that it hangs from a knife when held up. Take a small cup of icing sugar, and roll the lumps out, mix with a knife with a little of the white of an egg, then colour as required.

Modelling Paste, or Plastic Icing.—Use one egg white and one tablepoon of glucose to three-quarters lb. sieved icing sugar. Put icing sugar in a basin, drop the white of egg and glucose in the centre, and mix in well till it is in a pliable lump. Dust a board with icing sugar, and roll the icing out. Take about half for the sides of the cake. Roll in a long strip, which is best got into position by rolling the cake, which you have brushed over with jam, firmly along it. Cut neatly where the ends meet. Now brush the top with jam, and have the remainder of the icing rolled out to the right shape. Press the cake down on this, and it will stick. Give the whole a very light dusting with cornflour, and polish up with the palm of the hand. If you do not wish to decorate it with piping, you could save out a bit of the modelling paste, and color some green, for leaves, and some yellow, and make wattle; or red, and make cherries. It is a good idea to get a stock of colors and essences if you go in for much cake-making. A little goes a long way, and several bottles at once give variety, and are not much more expensive than using one all the time.

N.B.—When icing cakes, care should be taken to have everything scrupulously clean, and no cake crumbs on the board. An icing stand is a very useful possession, but an old dinner plate turned upside down is a good substitute.

Vienna Filling and Icing.—Five oz. sifted icing sugar, two oz. butter, flavoring, one and a half to two dessertspoons of liquid. Cream butter well, and gradually beat in the sugar, add any essence, coloring, etc., required, then a very little hot water. To get an even surface, smear the icing over with a knife dipped in boiling water and dried. But this icing looks well if it is put on the cake roughly, and forked into swirls. May also be used for piping, but use less liquid.

SIMPLE DRINKS FOR CHILDREN'S PARTIES

Lemon Syrup (a).—Two quarts of boiling water, four lb. sugar, two oz. tartaric acid (or citric acid), one small bottle essence of lemon. Boil sugar and water until thoroughly dissolved, and add acid. When cold, add the essence of lemon, and bottle. Use about one part syrup to five of water.

Lemon Syrup, using Lemons (b).—The rind and juice of four lemons, four lb. sugar, two oz. citric or tartaric acid, one quart of boiling water. Peel lemons thinly, avoiding the white pith; squeeze juice, add sugar and acid; pour on the boiling water, and stir till all sugar and acid is dissolved. Stand all night, or till cold, then strain, and bottle. Use diluted to taste.

Raspberry Vinegar.—Make as for lemon syrup, only add one bottle of good raspberry essence.

Orange Drink.—Juice and grated rind of six oranges, four lb. of sugar, one oz. epsom salts, two oz. citric acid, one oz. tartaric acid, four pints of boiling water. Put all ingredients together in a large

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enamelled or china jug, and let stand overnight. Use about one in five. For a party a good idea is to mix a quantity in jugs, one cup of syrup to four or five of water, according to taste.

QUANTITIES FOR ENTERTAINING

When entertaining, it is wise to do your catering methodically. Everyone is anxious to have enough, but it is wasteful to provide too much. It is a good idea to use up the things with cream in them first, if possible; a good fruit cake, and some home-made biscuits or shortbread are a great standby, as if they are not required they keep very well.

A good allowance for each person would be two sandwiches, two cakes, and two savories (or the equal of that), and one serving of ice-cream, fruit salad, or other sweet. If you serve ice-cream with fruit salad, the servings of each would naturally be smaller than if only one were served at a time.

One two-lb. sandwich loaf will cut into 36 slices, making 18 rounds of sandwiches, which will cut into 72 small ones.

Half lb. of butter, or a little less, is sufficient to spread a two-lb. loaf for sandwiches.

Half lb. of meat, cut thin, will fill a two-lb. loaf.

Six eggs, boiled not too hard, shelled and put in a basin, with pepper and a piece of butter the size of a walnut, and mashed with a fork, make a mixture that will spread easily, sufficient or two-lb. loaf. Other flavoring like grated onion or curry powder ay be added.

Another way is to make a thick good sauce "melted butter," and mince the eggs, mixing them into the sauce, and flavoring to taste. This will make the eggs go further, and the bread need not be buttered so liberally.

Cut a small round from the centre of a sponge sandwich, and the remainder should cut into 12 or 13 slices, making 14 in all.

One quart pudding or jelly is sufficient for six people as a sweet, and may be used for 12 small servings at a party.

Three quarts of milk is the usual allowance for afternoon tea for 100.

To make coffee for 100, allowing one and a half cups each—three gallons of milk and three gallons of water. Put three-quarters good coffee and a teaspoon of salt in a muslin bag, an old oatmeal bag is good. Put the bag of coffee in the water, and bring it gradually to the boil, simmer a few minutes, then add the milk, and bring to the boil again, but do not actually boil it once the milk is in. Allow plenty of room in the bag for the coffee to swell. You will find this strong enough for average taste.

One lb. of loaf sugar has approximately 112 pieces, so with so many people who do not take sugar, 1 lb. of sugar should be ample for 100.

One quart of ice-cream will be sufficient for eighteen small plates.

If the party is for people you know, and are able to cater for their especial tastes, then provide the kind of food likely to be most appreciated. This is better than trying to cope with a large variety, especially if it has to be done unaided.

There are approximately 64 small dry biscuits, such as thin captains, to the pound, so a pound of these and some cheese paste, and a gherkin or two, could be in stock, and easily produced if your more elaborate savories showed signs of running out.

Also, on a cold winter night, hot soup and savories would be a welcome and unexpected change to hungry young folk. Serve the soup in large cups.

A FEW HINTS WORTH KNOWING.

Four loin chops are average number for one lb.

There are usually six sausages to the pound.

One heaped tablespoon of flour equals one ounce.

One good tablespoon of sugar equals one ounce.

One cup of rice is equal to four cups when boiled.

One cup of sago will absorb four cups of water or milk.

Macaroni swells to three times its size.

One lb. of beans is equal to one and a half lb. of peas, and is sufficient for four people.

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TABLE OF WEIGHTS AND MEASURES

4 Teaspoonfuls	1 Tablespoonful Liquid
4 Tablespoonfuls	1 Wine Glass
2 Wine Glasses	1 Gill, or Half a Cup
2 Gills	1 Cupful, or 16 Tablespoonfuls
2 Cupfuls	1 Pint
2 Pints	1 Quart
4 Quarts	1 Gallon
2 Tablespoonfuls	1 Ounce (Liquid)
1 Tablespoonful of Salt	1 Ounce
16 Ounces	1 Pound, or 1 Pint
4 Cupfuls	1 Pound
1 Quart of Flour	1 Pound
8 Eggs	1 Pound
1 Pint of Sugar	1 Pound
2 Cupfuls of Sugar	1 Pound
1 Cupful „	½ Pound
An Ordinary Tumblerful	½ Pint
25 Drop of Liquid	1 Teaspoon

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